

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**WRESTLING
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

B. Emergency Action Plan is outlined, on file in the Athletic office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stops.” Each coach has read and understands.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

- D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold, etc.
- E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids. Any students who will be exposed to blood or other body fluids must review Blood borne pathogen film and sign off.
- F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”
- G. Explain all drills and their purpose (conditioning, improving skills, safety).
- H. Review existing rules regarding weight loss and control of weight loss as mandated by the Wyoming High School Activities Association.
- I. Review procedures for dealing with infectious skin diseases.
- J. Review proper fitting of equipment and clothing.
- K. Review safety posters with athletes.
- L. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.