



WRESTLING

Safety Guide

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KEY BENEFITS

Muscular Strength

Enhances muscular strength and endurance through grappling and physical contests.

Cardiovascular Fitness

Improves cardiovascular fitness and stamina with continuous active participation.

Agility & Flexibility

Develops agility and flexibility essential for effective maneuvers and holds.

Mental Toughness

Boosts mental toughness and resilience required for competitive challenges.

Balance & Coordination

Increases balance and coordination through dynamic wrestling techniques.

Weight Management

Supports weight management and overall physical fitness through rigorous training.

KEY HAZARDS & CONTROL MEASURES**Falls or Impact with Ground**

- ✓ Use protective gear including headgear, knee pads, and elbow pads
- ✓ Provide training on proper techniques and safe landing
- ✓ Ensure wrestling mats are well-maintained and adequately padded
- ✓ Supervise wrestling sessions closely

Throws and Takedowns

- ✓ Teach safe throwing and takedown techniques under professional supervision
- ✓ Use controlled drills with partners of appropriate skill levels
- ✓ Implement spotters during high-impact throws

Submission Holds

- ✓ Provide detailed instruction on safe application and release
- ✓ Use controlled drills under supervision
- ✓ Encourage tapping out to prevent overexertion

Repeated Blows to Head

- ✓ Implement rules to minimize head impacts
- ✓ Use protective headgear where appropriate
- ✓ Educate wrestlers on recognizing and reporting head injuries

Poor Hygiene

- ✓ Enforce strict hygiene protocols for mat cleaning
- ✓ Encourage wrestlers to shower after sessions
- ✓ Provide access to hand sanitizers and disinfectants

Cauliflower Ear

- ✓ Encourage the use of headgear during training
- ✓ Provide prompt medical attention for ear injuries
- ✓ Conduct regular helmet inspections

Safeguarding

- ✓ Implement comprehensive safeguarding policy
- ✓ Conduct background checks on all coaches
- ✓ Maintain appropriate supervision ratios



Weight Management Issues

- ✓ Implement safe weight management programs
- ✓ Monitor wrestlers for signs of dehydration
- ✓ Educate on dangers of extreme weight cuts

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Mats clean, dry, and properly secured
- Adequate space for training
- Ring posts padded (if applicable)

Participants

- Wearing appropriate singlet/attire
- No jewellery or watches
- Headgear worn for contact training



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