

## For Players, Coaches, and Spectators of Youth Wrestling

As the parent/guardian of a child participating in the Hyland Hills Youth Wrestling League, I agree to the following code of conduct for the Wrestling season. ***I realize that not abiding by these guidelines may result in the removal of my child from the League.***

1. If I choose to stay and watch my child's practice or match, I agree to actively supervise all other children/youths (siblings, neighbors, etc.) who accompany me to that practice/game. This includes escorting children to the bathroom or to get a drink of water.
2. No food or drink may be brought into any Partnering School district School Gymnasium at any time.
3. All participants and spectators must be in the gymnasium at all times. Children may NOT play in the halls or elsewhere in the schools.
4. Only those teams scheduled to be in the gymnasiums are to be there. ***If I arrive early for practice and/or a match, I realize the building supervisor may ask me to leave until the approved time arrives.*** Upon the completion of a practice and/or game, the facility is to be vacated immediately by the team and spectators.

### **MATCH DISRUPTION**

In the interest of the match, the participants, and everyone involved, there will be increased discipline and zero tolerance against match disruption, violence, and verbal abuse—**NO ONE WILL BE EXCLUDED FROM THIS POLICY.** Violent behavior by player, coach, or spectator is grounds for dismissal from the event.

MATCH DISRUPTION includes but is not limited to, verbal abuse of the referee, badgering the opposing team, violence on the mat or sidelines, or stands, walking on mat without the permission of the referee, or any other act that league officials feel is inappropriate. This also includes any action—verbal or physical—towards school officials: teachers, custodians, administrators, etc.

If, during the course of a match, a referee determines that verbal abuse or inappropriate conduct disrupts the match, the referee can opt to take action against the team(s) disrupting. The following actions may take place, not necessarily in this order or in its entirety:

- a warning may be given
- a timeout may be charged
- the person(s) disrupting may be asked to leave the facility
- the coach(es) may be ejected from the match and/or the facility
- the match may be determined a forfeit by the referee

If at any time during the remainder of the season, the same party is involved with inappropriate conduct, then that party (player, coach, spectator), risks being disqualified from the league for the season, and will no longer be welcome on any property where Hyland Hills Youth Wrestling takes place. If necessary, a police escort will be arranged.

If a referee, school official, or league representative ejects a player, coach, or spectator from the match, they must leave the premises. If the player, coach, or spectator does not comply to the referee's warning, the referee has the authority to call the match. The team associated with the problem will forfeit the match and receive the loss (even if according to the score they were the winning team).

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As a parent/guardian and/or coach, I realize my importance in the success of youth wrestling in the Hyland Hills Youth Wrestling League, and I agree to assume the responsibility of supervising those children who accompany me to practices and/or games, as well as following other facility and security guidelines that will be provided to me by the coach of my participant's team. I also agree to the behavior guidelines explained in this Code of Conduct.

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Parent /Guardian Signature

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Participant's Name

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Grade

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Coach's Name

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Parent/Guardian's Printed Name

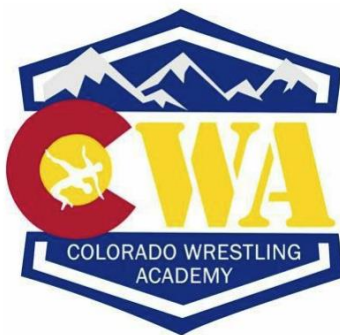
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Contact Phone Number

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Coach's Signature

## General Wrestling Information



Hygiene: Parents please always check for skin conditions, and make sure your son/daughters nails are cut, and shower after every practice, we take this very seriously, coaches also clean the mats before every practice, please also respect wearing wrestling shoes or socks on our mats only (to prevent wear and tear and cleanliness from what is track from outside) Parents please also keep noise down while practicing ie: other kids siblings/conversations, we sometimes will have 45+ kids and would like to keep attention levels as well as wrestling technique to a maximum.

Equipment: Wrestling does not require much equipment, since the sport consists of two competitors using only their bodies to pin the other to the mat. Since wrestling is a very physical combat sport, wrestlers must wear protective gear like **mouthguards, ear guards, knee pads, and headgear** to prevent injury and keep them healthy for future fights.

Wrestling Skin Condition Information: The sport of wrestling requires close skin-to-skin contact between opponents. This close contact means there is a possibility of catching or spreading a variety of skin conditions ranging from **ringworm**, one of the most common, to **impetigo** and even **MRSA**.

These skin conditions must be treated in order to minimize risk of infection to the athlete and *cannot* be covered just so the wrestler can continue to practice or compete. They must be treated and rendered safe before the athlete can return to the mat, otherwise they could spread it to their teammates and other teams, causing an outbreak that can sideline many people.

**Prevention:** Preventing wrestling-related skin conditions is simple. Perform a daily full-body skin check and report any suspicious lesions to your Athletic Trainer or physician as soon as they appear. Launder all game and practice gear daily; some of the most common wrestling skin conditions come from wearing still-damp clothes from the last practice. When damp clothes sit in a dark locker, they grow all kinds of bacteria and viruses.

Follow good personal hygiene practices. Shower with antimicrobial soap immediately after practices and games and wash hands frequently. Avoid sharing towels, razors, athletic equipment, water bottles, and hair clippers. Avoid body shaving. Avoid entering common whirlpools or tubs if skin lesions are present.

## Release of Liability

### Hyland Hills Park and Recreation District Youth Sports

The undersigned acknowledges that there is a risk of bodily injury in any and all sports related activities including, but not limited to, concussions, sprains and broken bones.

The undersigned does hereby release, forever discharge and agree to hold harmless and indemnify Hyland Hills Park and Recreation District and/or the Hyland Hills Foundation, their respective members, directors, employees, volunteers, agents and independent contractors retained to provide activity services (hereinafter referred collectively as "Hyland Hills"), from and against any and all liability, claims, demands, lawsuits and expenses arising from personal injury, sickness, death, or property damage, of any nature whatsoever, which may be incurred or suffered by the undersigned and or Child and occasioned by Child's participation in the activity more fully described below.

The undersigned hereby assumes all risk of personal injury, sickness, death, damage and expense arising from Child's participation in the activity.

The undersigned grants permission for my Child to participate fully in the above activity and all of its undertakings, and hereby gives permission to Hyland Hills to administer or cause to be administered, emergency medical treatment, including but not limited to emergency surgery and I fully and completely assume responsibility for all medical bills so incurred.

The undersigned consents to our Child being photographed while engaged in the activity and authorizes Hyland Hills Park and Recreation District to use our child's likeness to publicize its activities, as it deems appropriate, including but not limited to brochures and District websites, without limitation. No other use of these images will be made and such images will not otherwise be distributed or sold to third parties.

#### **COVID-19**

By allowing my minor child to participate in youth sports provided by Hyland Hills Park and Recreation District I, on my behalf and the behalf of my minor child, hereby acknowledge my awareness that my minor child's participation in youth sports may involve exposure to the COVID 19 virus.

I understand that my minor child must abide by all social distancing requirements set forth by the Colorado Department of Health and Environment, TriCounty Health Department and Hyland Hills Park and Recreation District.

On behalf of myself and my minor child, I knowingly waive my rights herein to assert any claim(s) for damages, bodily injury or serious bodily injury to the fullest extent allowed by law.

I further agree that I will indemnify and hold harmless Hyland Hills Park and Recreation District, its employees, agents and Directors, against any and all claim(s) for damages, bodily injury or serious bodily injury arising out of or in connection with my minor child's participation in such instruction, due to infection or possible infection by the COVID-19 virus.

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Parent/Guardian Signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Name - Print

\_\_\_\_\_  
Minor Child's Name

Age: \_\_\_\_\_