



WRESTLING



As a member of the Mifflinburg Wildcat Wrestling Team it is recommended, encouraged, and expected that you are involved in weight training. Weight lifting is an important component to the success of the individual and program as a whole. While in the weight room, it is important that all rules are abided by at all times in order to maintain the safety of all individuals.

WEIGHT ROOM POLICY AND SAFETY PRECAUTIONS

- Any behavior that disrupts others or the nature of the weight room will not be tolerated. Those causing disruptive behavior will be asked to leave.
- Always lift with a partner. Don't lift by yourself.
- Partners should always be alert and ready to spot each other. Do not attempt lifts that require a spotter without the spotter near by.
- No jeans or open toed shoes allowed. Proper workout attire should always be worn.
- Participants must sign in on the wrestling sign in sheet before/after lifting.
- Participants under the age of 18 must have a completed parental waiver on file with the coaches.
- Return barbells, dumbbells, benches, and weight plates to the proper storage areas.
- Learn the proper techniques of all lifts before beginning the weight lifting program.
- Do not attempt any exercise that you are unsure of how to perform properly.
- Proper technique should always be followed. Do not try to alter the technique that was taught to you.

The risk of injury is greatly increased when the rules of the weight room that are listed above are not followed. It should be noted that weight lifting is a sport and like all other sports there is always a risk of injury. I, the undersigned, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and that I am giving permission for my son to participate in these activities, using equipment and machinery with knowledge of the dangers involved. My son and I have read and understand the Weight Room Policy and safety precautions.

After reading the above information, turn over sheet, sign and return.

I, hereby grant permission for _____ to
Participant's Name

participate and agree to expressly assume and accept any and all risks of injury.

Signature of Parent/Guardian

DATE

Print Name of Parent/Guardian

Relationship to Child

Signature of Participant

DATE