



## # 6 Health and Safety

## Health & Safety

- The official will inspect the wrestling area;
  - 5' of protection mat area outside the circle
- Team bench will be
  - 10' from the mat area
  - 10' from scorer's table
- In a tournament (multiple teams)
  - Two chairs may be in the corner 5' from the boundary



## Health & Safety

- Weigh-ins are conducted by the officials.
- OHSAA recommends a physician be present
- Weigh-ins may begin:
  - 1 hour prior to wrestling for a dual and
  - 2 hours before for a tournament.
- Officials check hair, nails, shave, taping, braces and skin to conform to NFHS & OHSAA rules.



## Health & Safety

- Skin Check Inspection:
  - Ringworm, Impetigo, Herpes & Staph
  - Skin Condition suspected
    - Coach must provide physician's note
    - Original NFHS approved skin form
    - Properly completed
    - Signed by physician
    - Recent as 10 days
- On site designated physician has final say.



## Match Safety

- The # 1 priority is Safety!
  - Potentially dangerous and
  - Illegal holds will be stopped immediately
- Concussion protocol
  - NFHS, OHSAA & Ohio law (HB 143)
    - Referee must stop match when signs, symptoms consistent with concussion are witnessed
    - Referee must report suspected concussion stoppage
    - Coach is responsible for wrestler to be checked

