Activity scope

This document relates to student participation in Wrestling as a curriculum activity. Freestyle wrestling, as conducted under the International Federation of Associated Wrestling Styles (FILA) rules, is a vigorous, total body contact sport where all of a student’s muscles are exercised. As FILA has introduced female wrestling to their activities, wrestling is now open to both male and female students. Beach wrestling has also been introduced, see Wrestling Queensland for rules.

The Grapplers Program is a three-level program that takes students from their first training session to their first tournament.

Minimum activity-specific qualifications for supervisors

- For a registered teacher:
  - Level One coaching qualifications from Wrestling Australia, OR
  - Competence (demonstrated ability/experience) in the teaching of wrestling, OR
- For a leader other than a registered teacher, Level One coaching qualifications from Wrestling Australia.

Minimum activity-specific equipment/facilities

- Paper towels, antiseptic spray or antiseptic wipes (to clean mat if an accident occurs).
- 10 metre x 10 metre padded (high-density foam rubber mats 50 millimetres thick) competition/training area, with 3 metre clearance surrounding competition/training area (refer to FILA’s rules).
- Minimum 3 metres between competition/training areas (if this is not available, smaller foam rubber mats should be grouped together to form a larger area and these should be secured so they do not separate during the activity).
- For beach wrestling: 9 metre sandpit with a wrestling area (6 metre diameter circle) with a 1.5 metre safety zone.
- Eye wash readily available.
- Towel for each student.
- Note that mouth guards should be considered for full contact bouts.
- If students wear shoes, the shoes should be soft-soled, without buckles or sharp metal eyelets.
- Sunscreen – prior to activity, rub into skin and wipe down to remove excess cream (if the activity is held outdoors).

Activity-specific hazards/risks and suggested control measures

- Disinfect mats at least weekly or when required.
- Avoid training and competitions during excessive heat or cold.
- Ensure matting surrounds the competition area.
- Ensure that there is open, level and obstacle-free space for training/competition.
- Sweep mats before and during training/competitions.
- Introduce the activity comprehensively and include:
  - warm-up and warm-down activities
  - teaching of prerequisite skills before the activity
  - progressive and sequential skill development
• emphasis on flexibility, particularly in the neck and back region, as flexibility is an important component in the prevention of injury
• some strength and conditioning activities in each session.

• Procedures should be established to ensure shoes do not carry stones or other objects onto the mat area.
• Ensure that students only execute moves taught in class or discussed with leader. The dangers of prohibited moves should be explained at the beginning of the activity.
• Note that NO jewellery is to be worn.
• Ensure that students wear tight fitting shirts or blouses and shorts with no zippers, buttons, etc.
• Wrestlers should be stopped if they are close to the edge of the mat. They should resume in the centre.
• Consider matching students in regards to ability, size, weight and maturity.
• Ensure students have a drink break every 15 minutes. For young students, this break allows them to refocus on the task at hand.
• Guidelines/codes of practice are established for this activity. See FILA, Wrestling Queensland.

Useful activity-specific links

• FILA
  http://www.fila-official.com/
• FILA International Beach Wrestling Regulations
• Wrestling Australia
• Wrestling Queensland
  www.wrestlingqld.org.au

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