

WRESTLERS CODE OF CONDUCT:

1. Wrestlers may not enter facility without a coach present.
2. Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit. Wrestlers are not to be disruptive during practice or competitions.
3. There will be no horseplay/rough housing before after or during practice.
4. At all times, wrestlers must conduct themselves in a mature and respectful manner.
5. Wrestlers should remain quiet while a coach is speaking and/or demonstrating.
6. When practice has ended, wrestlers will change out of wrestling gear and exit the facility immediately.
7. There will be no gathering or loitering in facility parking lot.

Wrestler Printed Name/Signature

PARENTS CODE OF CONDUCT:

1. Adults **MUST** wear a face covering when inside the wrestling facility.
2. Parents may enter the facility to assist with their child's wrestling gear but then must exit the facility immediately.
3. There will be no spectators and/or siblings allowed inside the facility during practice times.
4. Please see that your child is picked up at the designated time after practice.
5. Children must be supervised **AT ALL TIMES** outside of the facility and will not be permitted to wait in the parking lot.
6. Parents must provide a telephone number where they can be reached during practice times in the event of an emergency.

Parent Signature