**Powerlifting Cautionary Statement**

**Preparation for practice or contest:**

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
4. Both outer and under garments should be appropriate for humidity and temperature.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
7. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician’s approval prior to participation in any practice session.
10. No horseplay, roughhousing, hazing or initiations.

**In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

**Travel to contest / practice site:**

1. Be alert to:
   1. variable surface textures in locker rooms, ramps, stairways, or playing floors.
   2. steps, ramps, leading to practice/contest area.
   3. weights.
   4. bars.
   5. proximity of weight racks.
   6. locations of bulk equipment or specified drills.
2. Stretch thoroughly to warm up.
3. Do not accept rides home from strangers.
4. No horseplay, roughhousing, hazing or initiations

**Hazards specific to powerlifting:**

1. All protective equipment required must be worn at practices and competition. Proper attire and shirts must be worn at all times..
2. Athletes should be alert to activity going on around them to prevent collisions and injuries.
3. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness / lightheadedness. Ingest 4-6 glasses of water during school day and additional amounts at practice.
4. Be alert to injuries, accidents, or equipment failures and report them to coaches immediately.
5. Never use the weight room without proper coach supervision.
6. Use spotters and safety racks at all times.
7. Never drop weights intentionally.
8. Do not modify equipment; use equipment for its intended use. Check al equipment and use safety collars.
9. After finishing workout; put away all weights and wipe down equipment as needed.
10. Do not attempt to lift more weight until your progression has been approved by the coach.
11. Use proper lifting technique as instructed by a coach when both lifting and moving weights. Do not lift with back.
12. Exhale as you work against resistance by lifting, pushing, or pulling.

**Emergencies**

Because of the nature of powerlifting, some injuries will occur. All injuries must be called to a coach or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
   1. helping with the injured person.
   2. calling for additional assistance.
   3. bringing first aid equipment.
   4. keeping onlookers away.
   5. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
   1. Evacuate or remain outside the building.
   2. Move and remain 150 feet away from the building.
   3. Be prepared to implement the emergency procedures outlined in #4.