

Blue Mountain Recreation Commission
Biddy Wrestling Program

Practice Location: High School Wrestling Room

Home Matches: Primarily held at the high school on Sunday afternoons.

As the season progresses, detailed schedules for all matches will be provided to parents.

The high school is a busy facility, hosting interscholastic sporting events, booster activities, meetings, special events, and a variety of school activities. All school activities have priority use of the building. Please review the following expectations for the Blue Mountain High School:

Access & Parking

- **Entrance:** The Biddy Wrestling program will **ONLY** use the front doors near the auditorium for entering and exiting the building during practices.
 - Parents, guardians, siblings, and wrestlers should use this entrance **ONLY**.
 - Parking is available in the front or side lot near the auditorium.
- **Restricted Access:** All other areas of the school, including the auxiliary gym, locker rooms, and hallways, are off-limits to Biddy Wrestlers and accompanying family members.
 - Unauthorized individuals in these areas will be considered trespassing and may face disciplinary action.
- **Waiting Area:** The designated waiting area is the foyer to the left of the entrance doors. Wrestlers will access the wrestling room via the stairs in this foyer.
- **On-Site Assistance:** The Blue Mountain Recreation Commission will have an Attendant on duty if any questions arise.

Biddy Wrestling Rules

1. **Arrival & Supervision:**
 - Parents should bring their children into the building no more than 10 minutes before their scheduled practice time.
 - Parents must supervise their children until the coaches escort them to the wrestling room.
 - Students must remain in the foyer area until they are escorted by the coaching staff.
2. **Restricted Access to the Wrestling Room:**
 - **Access is restricted** to wrestlers, staff, and coaches only. Parents and family members must remain downstairs in the foyer area.
 - Only individuals with proper clearances are permitted upstairs, where the wrestling room is located.
 - A potential observation day for parents may be arranged, but due to space limitations, regular access to the wrestling room is not allowed.
3. **Wrestling Room Rules:**
 - **Street shoes** are NOT permitted in the wrestling room to prevent damage to the mats. Wrestling shoes are to be carried to and from practice, not worn.
 - Wrestlers and coaches must bring a clean pair of shoes to wear in the wrestling room.
 - No food or drink is allowed, except for water in plastic bottles. Note: **Water ONLY**—sports drinks, soda, and juice can damage the mats.
4. **Supervision of Siblings:**
 - It is recommended that parents avoid bringing other children if waiting during practice times.
 - All children must remain in the foyer area and be supervised at all times.
 - Horseplay, running, playing, or leaving the foyer area is not permitted for safety reasons.
5. **Sunday Home Matches:**
 - Matches will start at 1:00 p.m.
 - **No children** are allowed in school buildings on Sundays before 12:00 noon. This is a strict school policy with no exceptions.

The Blue Mountain Recreation Commission staff works hard to ensure that the children enjoy a quality recreation program. With cooperation from parents, we can start programs on time and ensure that every child has a safe and fun wrestling season. By following these rules, we can make the most of the state-of-the-art facility and minimize any potential issues.