



Castle Wall Productions Safety Guidelines

These are for *your* health and safety

- SAFETY is of prime importance in all aspects.
- CWP is a contact sport, expect some pain, bruises and possibly a little blood.
- Warm up and stretching will always be done prior to each practice / performance and cool downs at the end if deemed necessary.
- CWP warm up routine has been created by a professional health trainer.
- Be flexible and attempt all things, that IS what training is for. CWP would never ask any one to do anything that would be a danger to the individual.
- If injured during practice, two medics will attend the individual the rest of CWP will continue to train.
- If injured during a fight in a show, first determine if you can go on. If so continue, if not use the code word “blue” and yield to your opponent.
- In the event of an injury in a show, stay in character (this means EVERY ONE!)
- SAFETY is of prime importance in all aspects
- Upon the medics needing to attend the injured party, the individual will be assessed and will be escorted off the field or carried by named designate litter bearers to an area “behind the scenes.”
- Any injury of any kind is to be “played off” to the general public by members of C.W.P.
- Designates (two each) will be named for each side and will be the contact individuals for any incident that needs to adjust the show this will be funneled to the director.
- Follow the words of the trainers, they are the most experienced, they know what they are talking about.
- Stay hydrated at all times.
- Water, juice, milk, soup and sports drinks NOT only coffee, tea, and soft drinks, 20 oz. one hour prior, 3-6 oz every 15-30 min. while exercising is an acceptable formula for our altitude and climate.
- Sun block will be used as we need our performers to able to be touched. A sun burnt performer is no good to C.W.P.
- Always know where your Med Kit is.
- SAFETY is of prime importance in all aspects

Officers: Any individual that is a Team Lead within C.W.P.

Senior Officers: President or Vice-president or Vice President of Operations

Treasurer/Secretary, lead trainer