



# Castle Wall Productions Safety Guidelines

These are for *your* health and safety:

- SAFETY is of prime importance in all aspects.
- Warm up, stretching and will always be done prior to each practice / performance and cool downs at the end if deemed necessary.
- If injured during a fight, first determine if you can go on, if so continue, if so continue, if not use the code word “blue” and yield to your opponent.
- In the event of an injury stay in character (this means EVERYONE!)
- Upon the medics need to attend the injured party the individual will be assessed and will be escorted off the field or carried by designate litter bearers to an area “behind the scenes.”
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- 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. Those named individuals will be the President, Vice President, VP of Operations and Lead Trainer.
- Any injury of any kind is to be “played off” to the general public by members of C.W.P.
- 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.
- 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.
- SAFETY is of prime importance in all aspects.

Officers: Any individual that holds an office within C.W.P.

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