

CHEERLEADING

Safety Guidelines

(Prior to participating, BOTH the student and parent/guardian must read carefully and sign the backside of this form.)

When a person is involved in any athletic activity, an injury can occur, especially with an activity as strenuous as cheerleading. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cheerleading. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this activity are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the activity. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the Athletic Handbook.

Cheerleading is a highly specialized activity in which stamina, strength, agility, and fitness are important factors. To develop each of these attributes, squad members must observe and practice rules, procedures, and progressions intended to enhance their safety, learning, overall success, and enjoyment of the activity.

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
 - a. Ball carts.
 - b. Balls in flight, rolling, rebounding, or bouncing.
 - c. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly to warm up.
5. Do not attempt new or complex movements until your progression has been approved by the coach, and arrangements made for proper spotting.
6. Check with the coach(es) to be sure appropriate types and thickness of landing pad are used and properly secured.
7. Stretch properly and warm up before practice or competition.
8. If you experience muscle fatigue or decreased alertness, do not attempt elevated, weight-bearing or somersaulting activities. Rest or wait until the next day.
9. Use only trained spotters.
10. Practice shall not be conducted without your coach being present.

(Signatures are REQUIRED on the backside of this form.)

(Prior to participating, BOTH the student and parent/guardian must read carefully and sign this form and return it to the ASB Office.)

Athlete's Name (please print): _____

I am aware that cheerleading is a high-risk activity and that practicing or competing in cheerleading can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in cheerleading, include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well being. I understand that the dangers and risks of practicing or competing in cheerleading may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the activity in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Three Rivers Christian School does not assume responsibility for the medical services required for these risks.

Because of the dangers of cheerleading, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of the Three Rivers Christian School permitting me to try out for the Three Rivers Christian Rally Squad and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in cheerleading, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the Three Rivers Christian Athletic Handbook.

Signature of Athlete: _____

Date: _____

Parent/Legal Guardian Name (please print): _____

As the parent/legal guardian of the above-named student and in consideration of the Three Rivers Christian School, I give permission for my child/ward to try out for the Three Rivers Christian Rally Squad and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in cheerleading. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the Three Rivers Christian Athletic Handbook.

Signature of Parent/Guardian: _____

Date: _____

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