

INHERENT RISKS OF CHEERLEADING

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions and tumbling. All physicals must be on file in the high school athletic office before you may participate in practices and games. Keep your coach(es) informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries can be largely decreased. Be sure to consistently abide by the following guidelines:

1. NEVER stunt or tumble unless a coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces or concrete. Do not stunt in extremely cold or rainy weather.
9. Never talk, laugh or mess around when performing a stunt
10. Report all injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading (no sweatpants, sweatshirts, tights).
14. Never wear jewelry of any kind or chew gum when cheering (practices and games).
15. Always have your hair pulled back from your face and off your shoulders (practices and games).
16. Do not wear acrylic nails. Keep all nails cut short, so a fist can be made comfortably.
17. Eat nutritious meals and get plenty of rest.
18. Always ask for assistance or advice at any time.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in this activity.

STUDENT SIGNATURE _____

DATE _____

PARENT SIGNATURE _____

DATE _____

STUDENT SIGNATURE _____

DATE _____