

## **INHERENT RISK OF CHEERLEADING**

**CHEERLEADING IS A SPORT AND WITH ANY SPORT THERE IS A RISK OF INJURY.** CHEERLEADING IS AN AEROBIC ACTIVITY, WHICH INCLUDES JUMPING, STUNTING, MOTIONS AND TUMBLING. ALL PHYSICAL FORMS MUST BE ON FILE BEFORE THE CHEERLEADER CAN PARTICIPATE. COACHES SHOULD BE INFORMED OF AN INJURIES 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 INVOLVING PARALYSIS, AND EVEN DEATH. HOWEVER, IF YOU TAKE CERTAIN PRECAUTIONS, THE POSSIBILITY OF SUCH INJURIES MAY BE LARGELY DECREASED.

### **BE SURE TO ABIDE BY THE FOLLOWING:**

- NEVER STUNT OR TUMBLE UNLESS AN ADULT COACH OR DIRECTOR IS PRESENT
- ALWAYS PRACTICE IN THE PRESENCE OF A QUALIFIED, CERTIFIED COACH
- ALWAYS WARM-UP APPROPRIATELY BEFORE PRACTICE/CHEERING (JOGGING AND STRETCHING)
- DO NOT ATTEMPT STUNTS THAT YOU DO NOT KNOW HOW TO PERFORM SAFELY AND THAT HAVE NOT BEEN CHECKED OFF BY THE HEAD COACH
- ALWAYS USE ATTENTIVE SPOTTERS WHEN STUNTING
- ALWAYS USE MATS, GRASSY AREA OR RUNNING TRACK WHEN STUNTING DURING PRACTICE OR AT GAMES
- ALWAYS CHEER IN AN AREA FREE FROM OBSTRUCTION AND DEBRIS.
- DO NOT STUNT ON UNEVEN GROUND, WET SURFACES OR CONCRETE.
- ALWAYS BE FOCUSED WHEN PERFORMING OR LEARNING A STUNT
- ALWAYS HAVE YOUR HAIR PULLED BACK FROM YOUR FACE AND SHOULDERS
- NO JEWELRY AT ANY TIME, OF ANY KIND.
- EAT NUTRITIOUS MEALS AND GET PLENTY OF REST.
- PLEASE ASK FOR ASSISTANCE OR ADVICE AT ANY TIME.
- DO NOT STUNT OR TUMBLE WHEN A GAME IS IN PROGRESS UNLESS UNDER THE ADVISEMENT OF AN ADULT COACH
- NEVER SHOW OFF!
- TAKE ALL ACTIVITIES SERIOUSLY!

I HAVE READ THE ABOVE WARNING. I THOROUGHLY APPRECIATE AND UNDERSTAND THE ASSUMPTION OF THE INHERENT RISK IN CHEERLEADING PARTICIPATION. I ACKNOWLEDGE THAT I AM PHYSICALLY FIT AND I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITY OF CHEERLEADING

PARENT/GAURDIAN SIGNATURE \_\_\_\_\_

CHEERLEADER SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_ GRADE GOING INTO: (CIRCLE) 5TH 6TH 7TH 8TH