

PREMIERE CHEER

INHERENT RISK SHEET

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 which includes jumping, stunting, motions, and tumbling.

Keep your coach 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 strain, 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 will 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 stretching or jogging
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 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
14. Never wear jewelry of any kind or chew gum when cheering (practice or games)
15. Always have your hair pulled back from your face and shoulders
16. Eat nutritious meals and get plenty of rest
17. Always ask for assistance or advise at any time

I have read the preceding warning. I thoroughly appreciate and understand the assumptions 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: _____

PARENT SIGNATURE: _____ DATE: _____