



## INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury 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:

1. Never stunt or tumble unless a coach 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 cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report 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, including practices and 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 advice at any time.
18. Do not stunt or tumble when game is in process.
19. Never show off.
20. Take all activities seriously.
21. Do not participate in cheerleading if you are sick.

All Cheerleaders and Parents must read and sign the risks inherent in cheerleading participation form. All must acknowledge that they are physically fit and voluntarily participating in the activity of cheerleading.