CENTRAL VALLEY
SCHOOL DISTRICT #356

Cheerleading Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper attire are important to the safety and enjoyment of the sport.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury especially to knees, elbows, or head. Injury may include damage to joints, broken bones, or serious head and eye injury.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

The following guidelines should be followed when engaging in the activity of cheerleading:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Travel to or from off campus facilities for practice/contests should take place in school approved vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Be alert for any physical hazards in the locker room or in or around the participation area, i.e., players, obstacles, projections, bleachers, standards, etc. Advise coach of any hazards.
5. Perform only those skills and techniques as instructed and/or supervised by the coach.
6. Practice stunt prior to the event in which you will perform. Stunts can be dangerous if not spotted correctly.
7. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
8. Be aware of supervisory personnel of both teams and where they can be located so they may be contacted in case of an emergency or in case of an undesirable crowd control situation.
9. Jewelry, hair clips, and glitter should not be worn during practice or performance. Religious and medic-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. The medic-alert medal must be taped and may be visible.
10. All athletes shall read printed literature regarding rules and regulations for safety standards, as provided by the coach.

Athlete: The above information has been explained to me and I understand the list of **rules and procedures.** I also understand the necessity of using the proper techniques while participating in the **cheerleading** program.

X _____ _____
Athlete's Signature **Date**

_____ _____
Print Name **Grade**

Parent/Guardian/Custodian: I have read the above safety guidelines.

X _____ _____
Parent/Guardian/Custodian Signature **Date**

White: School Copy
Yellow: Parent/Guardian/Custodian Copy