

Every sport/activity has certain inherent risks, and, regardless of the precautions taken, it is impossible to ensure the safety of the participant. Cheerleading requires a high level of fitness. It involves vigorous physical movements, coordination, and some gymnastic actions. It is a reasonably safe activity as long as certain guidelines are followed.

A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in cheerleading. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games. Participants will (1) wear the proper shoes/clothing when they are practicing or cheering at games, (2) obey the rules of the activity, and (3) report all discovered defects in the playing surface/cheering area.

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or shoes/clothing to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in cheerleading, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in cheerleading:

I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in cheerleading. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in cheerleading, and I am voluntarily participating in this activity.

Participant Signature

Participant Name (*please print*)

Parent/Guardian Signature

Date