

Safety/Success Recommendations

THE ANGELS CHEERLEADING ACADEMY

THIS FORM IS NECESSARY FOR THE PARTICIPATION IN THE ANGELS CHEERLEADING ACADEMY

Please sign and return by next practice. It is recommended that you keep a copy.

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the possible risk of injury as in any athletic activity. Cheerleading is an aerobic activity that includes jumping, stunting, motions and tumbling. All medical forms must be completed, up to date and on file with the club before you participate in practice. Keep your coach informed of all injuries or chronic conditions in and outside of practice.

Although the probability of injury is minimized if you practice correctly, there is always a possibility of an injury occurring. There are many injuries that can occur in Cheerleading but with certain precautions the possibility can be greatly reduced. Be sure to consistently abide by these guidelines.

1. Never stunt or tumble unless a coach or designated coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm up appropriately before cheering (practices and performances).
4. Do not attempt a stunt you do not know how to perform safely and which has not been checked off by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free of obstruction.
7. Always use mats or a flat grassy area until a stunt is mastered.
8. Do not stunt on uneven ground, wet surfaces or concrete, or 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 or doctor recommendations.
12. Always wear shoes and clothing appropriate for cheerleading. (Cheerleading trainers and shorts).
13. Never wear jewellery of any kind when cheering (practices or performances).
14. Never chew chewing gum when cheering (practices or performances)
15. Always keep hair pulled back from face or off shoulders when cheering (practices or performances).
16. Keep all nails including artificial nails cut short so they can't be seen when looking at the palm of your hand.
17. Eat nutritious/healthy meals to help with good overall functioning of the body.
18. Get plenty of rest before performances so your body doesn't feel tired when it comes to perform.
19. Behave appropriately at all times.
20. Help, advice and encourage each other to be the best they can be. If one of us is failing, we're all failing!
20. Ask for assistance or advice at any time.

I have read the information and guidelines. I understand the possible risks in cheerleading participation and acknowledge I am physically fit and am voluntarily participating in this activity.

Cheerleader's signature _____ Date _____

Parent's signature _____ Date _____