Vashon Island School District
CHEERLEADING

SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Cheerleading is an activity in which stamina; strength, agility and fitness are important factors. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cheerleading. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. No horseplay in the locker room and be aware of slippery surfaces in and around showers, sink area and training room—do your part to keep water off of the floor around the lockers and entries/exits.
2. Proper warm-up is essential before strenuous activity takes place.
3. Proper safety equipment must be used according to instructions given by your coach. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames and safe personal positioning on any stunt.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Lead cheers and/or perform stunts only at appropriate times and at designated places on the court or field making sure you do not interfere with the game or the safety of players or other cheer squads.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for cheerleading.
8. Be aware of your surroundings both home and away including but not limited to floor and surface coverings, vertical and horizontal clearances, lightning and weather conditions. All of these conditions may dictate the proper footwear and limit the amount of cheer activity performed.
9. Keep all performance and practice areas clear of liter and place all personal items in a secured location not on the activity area.
10. Squad members must wear safe and proper fitting footwear.
11. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity and participate only to the extent allowed by the coach.
12. Be aware of the potentially serious injuries if you do not follow correct procedures in stunting. Stunt only as directed by and using only techniques taught by your coach.
13. Be aware of instructions regarding communication between squad members during loading, mounting, results and dismounts phases of all stunts.
14. Use only trained spotter and use spotters as required by your coach and/or cheer rules and regulations.
15. Mini-tramps, springboards and similar equipment should be prohibited.
16. Notify the coach immediately if injured.
17. Practice only when your coach is present.
18. To prevent unauthorized use, at the conclusion of any practice or performance, store equipment in a secure manner as directed by your coach.

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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.

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Date Athlete's Signature Athlete's Name (Please Print)

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Date Signature of Parent/Legal Guardian 06/09