



CENTRAL KITSAP SCHOOL DISTRICT NO. 401
Silverdale, Washington

CHEERLEADING

INSURANCE INFORMATION, SAFETY GUIDELINES, WARNING and AGREEMENT TO OBEY INSTRUCTIONS FOR CHEERLEADING

Prior to participating, both the student and parent must read carefully and acknowledge by signing the last page of this document.

Insurance Information

Each student participating in athletic activities is required to have medical insurance that covers injuries. I understand that Central Kitsap School District does not provide medical insurance for student injuries but does make available information about student accident/health insurance that you may purchase. Please visit your school office or the District office and ask for a brochure on Student Accident Insurance.

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach. 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. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

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. Proper warm-up is essential before strenuous activity takes place.
2. 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. Advise coach of any poorly fitting or defective equipment.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. 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 squad members.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for cheerleading.
7. 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. Advise the coach of any hazard.
8. Keep all performance and practice areas clear of liter and place all personal items in a secured location not on the activity area.

9. Squad members must wear safe and proper fitting footwear.
10. 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.
11. 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.
12. Be aware of instructions regarding communication between squad members during loading, mounting, results and dismounts phases of all stunts.
13. Use only trained spotter and use spotters as required by your coach and/or cheer rules and regulations.
14. Mini-tramps, springboards and similar equipment should be prohibited.
15. Notify the coach immediately if you are ill or have any prolonged symptoms of illness.
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.

WARNING and AGREEMENT TO OBEY INSTRUCTIONS

I am aware that Cheerleading is a high-risk sport and that practicing or competing in Cheerleading will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in Cheerleading include but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in Cheerleading may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of Cheerleading, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

.....

I have read the Insurance Information, Safety Guidelines, Warnings and Agreement to Obey Instructions information and it has been explained to me. I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the Cheerleading program

In consideration of the Central Kitsap School District permitting me to try out for the school Cheerleading team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in Cheerleading. I have read the above warnings and I understand their terms.

Date	Signature of Athlete	Print Name
------	----------------------	------------

I, _____, am the parent/legal guardian of _____ (student athlete)

In consideration of the Central Kitsap School District permitting my child/ward to try out for the school Cheerleading team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in Cheerleading. I have read the above warnings and I understand their terms.

Date	Signature of Parent/Legal Guardian	Print Name
------	------------------------------------	------------