

Vancouver School District  
Cheerleading Safety Guidelines

Prior to participating, both the student and parent must read carefully and sign.

This school strives to protect each student for 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-fitted and proper equipment are important aspects of this program. Each participant is expected to follow the directions and standards of the coach.

Travel to and from off campus facilities shall be in accordance with the directions of the coach and the school district.

Guidelines are as follows:

1. Make certain that you wear proper equipment and advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have a prolonged symptom of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazard.
6. Recognize and avoid illegal stunting as defined by the rule book and coach.
7. Cheer and stunt a safe distance from walls and other obstructions. Cheerleading will only be done under the supervision of a coach.

I am aware that cheerleading is a **high risk activity** and that participating, performing or competing in cheerleading could be a dangerous activity involving many risks and injury could occur. I understand the dangers and risk of practicing, performing 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 bones, joints, ligaments, muscles, tendons and other aspects of the muscular and 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, performing or competing in cheerleading may result not only in serious injury but in serious impairment of my future ability 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.

Because of the dangers of cheerleading, I recognize the importance of following the advisors instructions regarding technique, training for trying out, practicing, performing and competing in cheerleading and other team rules, etc. and I agree to abide by such instructions.

I have read the above warning and I understand what I have read.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's / Guardian's Signature

\_\_\_\_\_  
Date