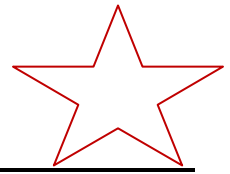


INTEGRITY



Inherent Risks of Cheerleading

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleader is an anaerobic/aerobic activity which includes but not limited to jumping, stunting, motions, and tumbling. Integrity All Stars strongly recommend each student undergo a physical examination by his/her physician before beginning any cheerleading activities. Each student must inform their coach of all injuries and/or chronic conditions. All though the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading, but are not limited to: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involved paralysis, and even death. However if you take certain precautions, the possibility of such injuries will be largely decreased.

MAKE SURE YOU CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:

1. NEVER stunt or tumble unless a coach or a coach's designee is present
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice & competitions)
4. Do Not attempt a stunt that you do not know how to perform solely without a coach present.
5. Always use attentive spotters when stunting.
6. Always cheer in a area free from obstruction.
7. Do not stunt on uneven ground, wet surfaces, or concrete. Do not stunt in cold or rainy weather.
8. Never talk, laugh, or mess around when performing a stunt.
9. Report all injuries to the coach as soon as they occur
10. Follow all trainer and doctors recommendations
11. Always wear shoes and clothing appropriate for cheerleading.
12. Never wear jewelry of any kind or chew gum when cheering (practice and competitions)
13. Always have your hair pulled back from face and shoulders.
14. Eat nutritious meals and get plenty of rest
15. Always ask for assistance or advice when needed.

Parent/Guardian(s) Signature: _____ Date: _____