

CHEERLEADING

WARNING / AGREEMENT TO OBEY

(Both the applicant student and parent/guardian must read carefully and agree.)

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 that 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 that 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 coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the North Thurston Public Schools permitting me to try out for the High 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. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision or training can eliminate all vestiges of danger.

Students should never bring valuables to any athletic event or school activity. It is impossible to guarantee security of items at either inside or outside locations and the school district cannot be responsible for loss of student property.

In consideration of the North Thurston Public Schools permitting my child/ward to try out for the High School cheerleading squad 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. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

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SAFETY GUIDELINES

Both the applicant student and parent/guardian must read carefully and agree.

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques and the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper attire are important to the safety and enjoyment of the sport.

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.

1. Proper warm-up is essential before strenuous activity takes place.
2. Travel to and from off-campus facilities should take place as per school district procedures.
3. Be aware at all times of surroundings, i.e., players, obstacles, projections, bleachers, standards, etc.
4. Performs skills and techniques as instructed and supervised by your advisor.
5. Stunts can be dangerous if not spotted correctly while learning or not performed correctly. All participants must be alert and safety-conscious. You must practice stunts prior to the event that you will perform in.
6. Do cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
7. Be aware of who supervisory personnel of both teams are and where they can be located so you may contact them in case of an emergency or an undesirable crowd control situation.
8. Contact the coach immediately if injured.

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.