

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC CHEERLEADING WORTHINGTON SCHOOLS

The following procedures have been developed specifically for the Worthington High Schools' cheerleading squads. This program involves fall and winter cheerleading as well as competitive opportunities. Enjoyment, competition, and safety can be assured by attending to the following considerations and procedures.

PREPARATION FOR ACTIVITY OR CONTEST

1. Choose practice clothes that fit properly, do not catch, nor restrict the cheerleader's movement.
2. No jewelry should be worn.
3. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception. Glasses should be held in place with an elastic strap.
4. Avoid horseplay.
5. If ill or dizzy, notify your coach. Do not practice.
6. Warm-up exercises and stretching should precede all practice sessions, pep rallies, games, and competitions.
7. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. Leave no valuables in locker.
2. Be alert to slippery floors.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Keep floors free of litter.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Report incidents of foot or other skin infections to coach(es) or trainer immediately.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Observe safety regulations on vans/buses to and from contests.
2. The practice surface, location, and weather conditions should be taken into consideration before starting physical activity.
 - a. When outside, be alert to ramps, stairs, artificial turf surfaces, carpets, and concrete surfaces.
 - b. When inside, be alert to variations in surfaces of ramps, locker rooms, stairways and playing floors. At basketball games, pay attention to ball carts, basketballs in flight or loose on the floor, running drills, and the proximity of bleachers and walls to playing surfaces.

CAUTIONS SPECIFIC TO CHEERLEADERS

Physical readiness should always be considered in training and performance.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Cheerleading Program.

This is the fundamental consideration for insuring your safety and well being. The following questions should be asked:

1. Do I understand the skill?
2. Am I fresh enough to perform the skill?
3. Do I need a spotter?
4. Do I need matting?
5. Am I strong enough to perform the skill?
6. Am I powerful enough to perform the skill?
7. Am I flexible enough to perform the skill?

Do not attempt new or complex movements until your progression has been approved by the coach.

The following are the specific safety guidelines for tumbling and jumps:

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than two rotations are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. The use of mini-tramps, springboards, or any height increasing apparatus is prohibited.
6. Participants may not tumble over or under individuals or over, under or through partner stunts or pyramids.
7. Participants may not land in a partner stunt or catching position from a tumbling skill.
8. Landing for all jumps must bear the weight on at least one foot. All tumbling activities must be practiced in progressions with appropriate spotting, and with appropriate matting.

Weight training regimens will have separate standards and progressions designed to enhance safety. Observe all weight room safety procedures.

EMERGENCIES

Because of the nature of cheerleading, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE