

## CHEERLEADING — AGREEMENT TO PARTICIPATE

Cheerleading is a relatively safe sport for student athletes as long as certain guidelines are followed. Cheerleading involves running, lateral movements, jumping, lifting, being lifted, possible contact with the floor, bleachers, walls, teammates, or any other surrounding obstacles.

As part of school policy, all athletes are required to obtain a physical prior to participation. If you have any physical limitations which the school and coaching staff should be aware of, please obtain a physician's consent for you to participate.

Serious injuries are relatively rare in cheerleading. However, the possibility of injury does exist. The most common injuries associated with cheerleading include broken bones, severe ankle sprains, muscle injuries, knee injuries, back and arm soreness, bruises and floor burns on the knees, hips, elbows, and arms. The dangers and risks involved in practicing or participating in cheerleading include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, concussions, serious injury to bones, joints, ligaments, muscles, tendons, and other areas of the muscular-skeletal system. In addition to serious injury, the risks and dangers may result in an impairment of future abilities to earn a living and engage in business, social, and recreational activities. Other less serious risks include mild concussions, broken bones, sprains and strains (knee, ankle, lower back), floor burns and scrapes, muscle soreness and stiffness, bruised knees, arms, elbows, hips, and hands resulting from contact with teammates, floor and walls.

Participants can help reduce the possibility of injury by wearing proper protective equipment. However, this is not an absolute guarantee against injury. Basketball shoes are recommended for both jumping and lateral movement. Athletic socks should be worn by participants. Running shoes are not recommended as they provide inadequate support for lateral movements. Correct techniques must be used whenever performing lifting maneuvers. Wearing of jewelry or earrings is prohibited in practice and game competition. Jewelry is hazardous should it become entangled in clothing or hair.

If you have any questions concerning any of the risks, dangers, or equipment requirements above, please ask the coaching staff. If you wish to ask your questions confidentially, please write your questions on the back side of this form and the coaching staff will discuss them with you individually.

I have read the preceding and certify that I am physically fit to participate in cheerleading. I further attest that I have sufficient experience to enable me to participate in high school cheerleading. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN CHEERLEADING. I voluntarily participate in this activity.

Signature of Participant \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Date Signed \_\_\_\_\_