CHEERLEADING
WARNING/LIABILITY WAIVER

The following recommendations have been designed specifically for the Capistrano Valley Christian Cheer Teams. Because of the physical demands required, squad members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity. Horseplay, hazing or initiations are expressly prohibited.

Preparing for practice:

1. Choose an outfit that fits comfortably and allows free movement.
2. Wear all pads, braces and supportive undergarments to all practices and competitions.
3. No shoes are allowed in the dance studio.
4. Squad members with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders, or diseases, must present physician's approval to the advisor prior to participation in any practice session.

Preparing to workout:

Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.

Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines are prohibited unless previously cleared by the advisor.
5. When executing partner stunts and pyramids, remember the conference rule against being more than two bodies high.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

Emergencies

Because of the physical nature of cheerleading, some injuries will occur.
All injuries must be called to an advisor's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:
    a. helping with the injured person
    b. telephoning for additional assistance
    c. obtaining first aid supplies or equipment
    d. directing the rescue squad to the accident site
    e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
    a. sometimes there may be time to grab a coat and exit
    b. if the situation requires quicker action, participants will evacuate through any exit
    c. move and remain 150 feet away from the building

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the Capistrano Valley Christian Schools Cheer Program.

_____ / _____
Athlete Signature **Date**

_____ / _____
Parent/Guardian Signature **Date**