

# LONGWOOD UNIVERSITY

## INHERENT RISK SHEET

**INHERENT RISK 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 related activity. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, dancing, and tumbling. All physicals and/or medical histories must be on file with the LU Training Room before you may participate in tryouts, practices, and games. Keep your coach and athletic trainer informed of all injuries and/or chronic conditions.

**BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:**

1. NEVER stunt or tumble unless a coach is present.
2. Always practice in the presences of a qualified coach.
3. Always warm up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and the coach has not checked off.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt outside in cold or rainy weather.
9. Never talk, laugh, or play around when performing a stunt.
10. Report all injuries to the coach and athletic trainer as soon as they occur.
11. Follow all athletic trainer and physician recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum when cheering (practice and games).
15. Always have hair pulled back from your face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.



- I have read the preceding information.
- I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation.
- I acknowledge that I am physically fit and I am voluntarily participating in this activity.

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*(If Student is under 18 years of age)*