

KEAAU HIGH SCHOOL CAUTIONARY STATEMENT CHEERLEADING

The following recommendations have been designed specifically for the Keaau High School Cheerleading and Competition squads. 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.

Preparation for activity:

1. Wear all protective equipment, pads, braces and supportive undergarments to all practices and contests/competitions.
2. Clothing and shoes should be sport specific, fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Choose an outfit that fits comfortably and allows free movement.
4. Shoes are not allowed in the wrestling room area.
5. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Glasses should be mounted in break resistant frames, and be held in place by an elastic strap.
8. Players needing protective tape, padding, or bracing, should arrive early to receive treatment and be able to participate in specialty work.
9. Remove all jewelry and metal hair fasteners.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physicians approval prior to participation in any practice session.
11. Athletes who are ill, dizzy, or lightheaded should inform coach and not practice.
12. No horseplay, rough-housing, hazing or initiations.

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 coach.
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.

Locker Room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower.

6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
8. Identify incidents of foot or other skin infections to Athletic Trainers immediately.
9. Cleats are not allowed in the locker room/gym areas.
10. No hazing or initiations.

Travel to contest/practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Stretch thoroughly and jog easy laps to warm up.
4. Do not accept rides home from strangers.
5. Be alert for possible hazards when conditioning in the halls.
6. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
7. No horseplay, rough-housing, hazing or initiations.

Emergencies:

Because of the physical nature of cheerleading and competition, some injuries will occur. All injuries must be called to a coach'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 coach 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. participants will evacuate through any exit
 - b. move and remain 150 ft away from the building
 - c. be prepared to use the procedures described in #2
 - d. remain with your team and coach when outside

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the Keaau High School Cheerleading and Competition squad.

Print Student-Athlete Name: _____ Date: _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____