

Norton Athletic Department

Cheerleading Cautionary Statement

Cheerleading requires student-athletes to possess strength, agility and flexibility. Cheerleading provides all student-athletes a competitive atmosphere where they can demonstrate athletic skills in a variety of ways. We offer opportunities to develop the total student-athlete through conditioning workouts to improve strength, stability, agility and flexibility. We would caution you that cheerleading is a physically demanding sport. Injuries can and will occur during the season with varying degrees of severity if the student-athlete does not follow the proper technique taught. Student-athletes should commit to the training and conditioning program to help minimize the possibility of injury.

Preparation for Activity

- Clothing and shoes should fit properly and allow for maximum physical activity.
- Clothing should be appropriate to match the weather conditions at all times
- Student-athletes should eat and drink properly to maximize their efforts at practices and games
- Student-athletes should work with the Athletic Trainer for treatment regarding injuries, rehabilitation and preventative maintenance so they can perform to their potential
- There should be no horseplay, rough-housing, hazing or initiations throughout the season
- All student-athletes must have a current sports physical on file with the Athletic Office and all forms signed in Final Forms
- Student-athletes should wear protective equipment when appropriate and should not alter any equipment from its original design.

Travel to practice/contest site

- Be alert to weather conditions and dress appropriately to match the conditions
- Perform warm up and cool downs as directed by the coaches
- Be alert to surface conditions both inside the building and outside on the training surface
- Have proper footwear at all times. Be prepared to have footwear for the fields, gym, locker room and school building at all times
- Allow for enough time to arrive prior to the start of practice, pre-game activities or bus departure

Hazards specific to Cheerleading

- Cheerleaders should follow all safety protocols while practicing and performing
- Cheerleaders should be aware of the other cheerleaders around them while performing and stunting
- Stunts and routines should be practiced in a progression from simple to complex
- Always use proper spotting techniques when performing balancing and tumbling maneuvers

- Cheerleaders who develop any concussion symptoms, including but not limited to headache, dizziness, confusion or lack of consciousness due to a direct hit or multiple hits to the head should inform their coach and/or Athletic Trainer immediately.
- Be alert to hydration symptoms including but not limited to dry mouth, inability to cool down, dizziness or light headed. Student-athletes should drink the recommended amount of water each day and during practices or games
- Players should notify their coach and/or Athletic Trainer about injuries which hinder performance including but not limited to sprains, strains, pain or soreness. The Athletic Trainer will recommend course of treatment for the player and/or refer to orthopedic doctor if necessary
- Players should notify their coach, Athletic Trainer, about any medical issues which could arise during cheer activities including but not limited to asthma, allergies, diabetes or other conditions.

Emergencies

Due to the nature of cheerleading and the fall/winter sports season, injuries and inclement weather will occur.

- All injuries should be reported to a coach and/or Athletic Trainer. The Athletic Trainer will notify the parents if the injury requires special attention from a doctor or requires a lengthy rehabilitation plan.
- Coaches and/or the Athletic Trainer will monitor weather conditions during practices and/or games and will make the appropriate decisions when to seek shelter due to inclement weather.

We agree that we have read, understand and agree to the cautions and responsibilities required to participate in the Cheerleading program at Norton High School.

Student-athlete's signature:

Date:

Parent/Guardian's signature:

Date: