

# Hillcrest Lutheran Academy

## Cheerleading Risk Statement

Cheerleading, as with any sport, has some risk involved. Even though coaches do all they can to minimize the risks, injuries can happen. These injuries can range from bumps, bruises, and overstretched muscles to severe injury resulting in paralysis and/or death. To minimize these risks follow these guidelines:

1. Never perform a stunt (mount or pyramid) without a coach present
2. Always use spotters. Know where a stunt may fail and anticipate it. Always expect the unexpected.
3. Talk through every stunt, including how to come back down from it, before you start to build it.
4. Take your role in the stunt seriously. No laughing, talking, etc. until everyone is safely on the floor.
5. Report every injury - no matter how slight- to the coach immediately.
6. To minimize the risk of transmission of the HIV virus, no one shall touch any other cheerleader that is bleeding or has blood on them, without proper protective equipment. Any cheerleader that has on a uniform that is blood splattered will not be allowed to return to practice or the game until the blood has been cleaned off or the uniform changed.

I HEREBY GIVE MY CONCENT FOR THE STUDENT \_\_\_\_\_  
(Name of Student)

1. To represent Hillcrest Lutheran Academy in cheerleading.
2. To receive, through a medical doctor of the school's choice, emergency medical care reasonably necessary in the course of cheerleading or travel.
3. I fully understand Hillcrest Lutheran Academy does not provide any accident or health insurance coverage for my child while participating in cheerleading. I fully understand that it is my responsibility to provide insurance coverage for my child. I further agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the student named above in the course of cheerleading or travel.

By signing this, we acknowledge that we have read the above information. PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN CHEERLEADING WITHOUT THE STUDENT'S AND PARENT'S SIGNATURE.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_