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# Inherent Risks of Cheerleading

Cheerleading is a sport and with any sport there is a risk of injury. Cheer is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All participants should be in good health and any medical conditions and/or injuries, allergies or other concerns should be well communicated with the coach. In some circumstances, a medical release may be required for participation. Reporting of such ailments should be done by the parent only, and not left up to the child.

Although the probability of injury is minimized if you practice correctly, warm up/stretch, and instruction is followed closely, there is always the possibility of an injury occurring. Injuries that can occur in the sport of cheerleading are, but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, concussions, emotional distress, spinal cord injuries involving paralysis and even death. Taking necessary precautions are imperative and can significantly decrease the possibility of any of these injuries occurring.

Snohomish Junior Cheer and associated organizations are not responsible for any injuries and are not held liable if an injury occurs. Coaches will provide instruction based on their level of certification and training, will not coach out of their ability, and will take every precaution to keep your child safe and free from injury. Please be sure to abide by the following rules:

1. Never stunt or tumble unless a coach is present. NEVER
2. Always practice in the presence of a qualified coach.
3. Always warm-up and stretch appropriately before cheering or dancing.
4. Do not attempt stunts that have not been cleared by a coach.
5. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
6. Report any injuries to the coach as soon as they occur.
7. Always wear hair back and wear appropriate shoes and clothing for stunting and tumbling.
8. Never wear jewelry or have any food or gum in your mouth while cheering, stunting and/or tumbling.
9. Maintain a nutritious diet and get adequate rest.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheer participation. I acknowledge that I am assuming

the risk of such injuries by allowing my child to participate and I further certify that I am willing to assume the risk of any medical or physical condition that may be complicated or aggravated by my child's participation. I authorize the organization to provide emergency treatment of any injury or illness my child may experience if qualified medical personnel consider treatment necessary and perform the treatment. This authorization is granted only if I cannot be reached, and reasonable effort has been made to do so. I further acknowledge and understand that I will be responsible for any and all medical and related costs that may be incurred on the behalf of my child for illness or injury that my child may sustain during cheerleading practice and games.

Parents/Guardians will be notified if an injury:

- Occurs that would remove a cheerleader for an extended period or for the remainder of a game or practice.
- Involves any **head injury**.
- Requires emergency personnel to be contacted.

As the cheerleader, I acknowledge that I am physically fit and am choosing to voluntarily participate in the activity of cheerleading. I agree to abide by the above listed rules and will not hold Snohomish Junior Cheer and affiliated organizations liable for any injury.

Team Stunting Level and Ability will be determined by the Stunt Certified Coaches. If you have any questions, please contact Snohomish Junior Cheer.

This will be valid for the 2026 sideline season.