

CHEERLEADING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Dakota Valley High School Cheerleading squad. 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.

PREPARING FOR PRACTICE:

1. Choose an outfit which fits comfortably and allows free movement.
2. Knee pads are highly recommended. Wear all pads, braces and supportive undergarments to all practices and competitions.
3. No shoes are allowed in the dance studio.
4. Squad members with seizure, neuromuscular, renal, cardiac, insulin/diabetic or chronic skeletal problems, disorders, or diseases, must present physician's approval to the advisor prior to participation in any practice session.

PREPARING TO WORKOUT:

Do all stretching exercise 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 advisor.
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.

EMERGENCIES:

Because of the physical nature of cheerleading and pom pom, some injuries will occur. All injuries must be called to an advisor'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 advisor will manage the person in trouble. You may be asked to assist one of several ways.

Assist by:

- A. Helping with the injured person.
 - B. Phoning 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 ALARMS:**
- A. Sometimes there may be time to grab a coat and exit.
 - B. If the situation requires quicker action, participants will evacuate through the nearest exit.
 - C. Move and remain 150 feet away from the building, be prepared to use the procedures described in #3 above.