

Cheerleading Cautionary Statement

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
4. Both outer and under garments should be appropriate for humidity and temperature.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
7. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
10. No horseplay, roughhousing, hazing or initiations.
11. Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.

In the 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 room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

Travel to contest / practice site:

1. Be alert to:
 - a. ramps leading to practice / contest area.
 - b. variations in surfaces such as locker room, ramps, stairways, or playing floors.
 - c. locations of equipment.
 - d. proximity of others
2. Stretch thoroughly
3. Do not accept rides home from strangers.
4. Think safety first.
5. No horseplay, roughhousing, hazing or initiations

Hazards specific to cheerleading:

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheadedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Stunts and routines should be practiced in a progression from simple to complex.
3. Advanced stunts or routines are prohibited unless previously cleared by the advisor.
4. Always use proper spotting techniques when learning tumbling and balancing maneuvers.
5. Ankle and other orthopedic problems.
 - a. new sprains - ice, compression, elevation, rest

