

## **Cheerleading and what it involves**

Participating in the sport of Cheerleading does involve an amount of risk. It is a hands on, contact sport that involves lifts, stunts and the catching of team members. Bumps and scrapes do happen and as parents/guardians you need to be aware of the risks and what is expected from your child.

Team members will be required to develop their all-round fitness in strength, flexibility and stamina in order to achieve and progress in cheerleading. This will be included in their cheer training, and the youngsters will be taught to understand the body and the various training methods.

All stunts and tumblers will be taught by a trained, qualified and insured coach in the proper progressions. No child will be forced to take part in anything they are not comfortable with or trained to do.

No jewellery is to be worn, sensible, snug fitting sports clothing and clean (indoor) trainers are to be worn. Hair needs to be tied back (no clips or Alice bands etc); nails kept short and participants should bring refreshments to each session such as a bottle of water/juice.

All health issues and injuries need to be highlighted to the coach before taking part in a session and regularly updated if there any changes in conditions.

If an accident or injury occurs during training or performance it needs to be brought to the attention of the coach immediately and an incident report form will be completed. Any visits to hospital or GP as a result of a cheerleading injury also needs to be reported to the coach.

Cheerleading is a positive, team building and confidence building sport, cheerleaders are one of the fittest types of athletes around as the three major areas of fitness, strength, stamina and flexibility are required. Every effort is made to reduce the risk of injury but you need to accept that there is some risk involved.