

## Cheerleading and what is involved

Participating in the sport of cheerleading involves a certain amount of risk. It is a hands on, contact sport which includes lifts, stunts and the catching of team members. Cheerleading is a positive, team building and confidence building sport. Cheerleaders have the ability to become incredibly athletic, excelling in fitness, strength, stamina and flexibility. But, bumps and scrapes do sometimes occur and parents/guardians should be aware of the risks and what is expected from themselves/their child:

- ❖ All cheerleaders will be required to develop their all-round fitness in strength, flexibility and stamina in order to achieve and progress and this will be included in their cheer training. Cheerleaders 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 step by step progressions.
- ❖ Cheerleaders must not wear any jewellery.
- ❖ Kobika uniform is compulsory for Starlites; otherwise, sensible, snug fitting sports clothing and clean (indoor) trainers must be worn. Hair must be tied back with no other accessories; clips, alicebands etc.
- ❖ Nails must be kept short
- ❖ Cheerleaders should bring plenty of refreshments to each session such as water/juice.
- ❖ The head coach must be informed of all health issues and injuries before taking part in a session and regularly updated if there are any changes in conditions.
- ❖ If an accident or injury occurs during training/competition or performance the head coach must be informed immediately and an incident report form completed. Any visits to hospital or GP as a result of a cheerleading injury must be reported to the coach.
- ❖ It is each cheerleader's responsibility to ensure that they adhere to the advice given by their coaches.
- ❖ Insurance is compulsory for all cheerleaders provided by Sportscover Direct.
- ❖ Every effort is made to reduce the risk of injury with controlled coaching practice, mutual respect between coach and cheerleader and an understanding that cheerleaders will adhere to the rules and advice given by their coach.

The cheerleading and what it involves information sheet forms part of The Kobika Terms & Conditions for all cheerleaders which can be found at [www.kobikadance.co.uk](http://www.kobikadance.co.uk)