

Everett School District No. 2

CHEER, DANCE & DRILL SAFETY GUIDELINES

High School

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

- 1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.**
- 2. Advise the coach if you are ill or have any prolonged symptoms of illness.**
- 3. Advise the coach if you have been injured.**
- 4. Engage in warm-up activities prior to strenuous participation.**
- 5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.**
- 6. Practice stunt prior to the event that you will perform in. Stunts can be dangerous if not spotted correctly.**
- 7. Lead cheers and/or perform at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.**
- 8. Be aware of supervisory staff and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.**

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cheer, dance and/or drill program(s).

Athlete's Signature

Date: _____

Parent or Guardian's Signature

Date: _____

High School
Revised 3/31/08

Please Print Name: _____ Student ID _____

Office use only:

Emergency/Physical:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Academics:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Eligibility/Parent Permission/Athl Code:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	ASB Card:	Yes <input type="checkbox"/>	No <input type="checkbox"/>