

**NORCO CHEER  
INHERENT RISK  
ACKNOWLEDGEMENT OF RULES**

Cheerleading is reasonably safe and fun as long as certain guidelines are followed, but there is inherent risk as in any athletic activity. Cheerleading is an aerobic activity, which includes jumping, stunting, motion and tumbling. All physicals must be on file before you may participate in practices or games. Keep your coach informed of all injuries and/or chronic conditions. Although the probability of injury is minimized if you practice correctly, there is always a possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to the following: blisters, muscle strains, ligament sprains, joint or muscle pain, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. Be sure to consistently abide by the following guidelines and the rules listed in the NORCO Jr. All-American rule book.

1. Never stunt or tumble unless a certified coach is present
2. Always practice in the presence of a certified coach.
3. Always warm-up & stretch properly before cheering or stunting.
4. Do not attempt a stunt you do not know how to perform and the coach has not approved.
5. Always use attentive spotter when stunting.
6. Always cheer in a an area free from distractions
7. Always use a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces or on concrete.
9. Never talk, laugh or mess around when performing a stunt.
10. Report all injuries to the coach as they occur.
11. Always wear appropriate shoes and clothing.
12. Always come prepared to practice and games.
13. Never wear jewelry of any kind during practice or games.
14. Never chew gum during practice or games.
15. Always have your hair pulled back from your face and shoulders.
16. Always keep your fingernails at an appropriate length (no longer than your finger tips).
17. Eat nutritious meals and get plenty of rest before practice and games.
18. Always ask for assistance or advise at any time.

I, \_\_\_\_\_, have read the preceding Inherent Risk form. I thoroughly appreciate and understand the assumption of risks inherited in cheerleading participation. I have acknowledged that I am physically fit and voluntarily participating in this activity and promise to follow all the given rules. I further understand that if I do not follow the rules and guidelines that I can be suspended or completely removed from the Norco Jr. All-American Cheerleading program.

Cheerleaders Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_