

## **CHEER AND DANCE SAFETY GUIDELINES**

Cheer and dance are high specialized activities in which stamina, strength, agility, and fitness are important factors. To develop each of the attributes, participants must observe and practice rules, procedures and progressions intended to enhance their safety, learning, overall success and enjoyment of the activity.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Participants with vision impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Eyeglasses should be held in place with an elastic strap.
2. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
3. Avoid horseplay and rough-housing.
4. Remove all jewelry and metal hair fasteners.
5. Prospective participants with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
6. If ill or dizzy, notify your coach. Do not practice.
7. Report all injuries to the coach immediately.

### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

### **CAUTIONS SPECIFIC TO CHEER AND DANCE**

1. Do not attempt new or complex movements until the coach has approved your progressions and arrangements have been made for proper spotting.
2. Check with the coach(es) to be sure appropriate types and thickness of landing pad are used and properly secured.
3. Stretch properly and warm up before practice or competition.
4. If you experience muscle fatigue or decreased alertness, do not attempt elevated, weight bearing or somersaulting activities. Rest or wait until the next day.
5. Use only trained spotters.

- Practice shall not be conducted without your coach being present.

### **EMERGENCIES**

Because of the nature of cheer and dance, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

- Stop all practices.
- Call the coach to manage the situation if the coach is not already at the site.
- Sit or kneel in close proximity.
- Assist by:
  - Calling for additional assistance
  - Bring the first aid equipment or supplies to the site
  - Keeping onlookers away
  - Directing rescue team members to the site
- Fire or fire alarm:
  - Evacuate or remain outside the building
  - Move 100 feet from the building
  - Be prepared to implement the emergency procedures outlined in #4 above.

I understand the rules and procedures and the necessity of using the proper techniques while participating in cheer and dance activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_