

Eastside Dream Elite, LLC
CHEERLEADING

Prior to participating, both the athlete and parent must read carefully and sign

I am aware that cheerleading is a high-risk sport and that practicing or competing in cheerleading will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in cheerleading include but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in cheerleading may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that Eastside Dream Elite, LLC or its employees, volunteers, or contractors, do not assume the responsibility for the medical services required for these risks.

Because of the dangers of cheerleading, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

Furthermore, I give my permission to have photos and/or video recordings taken of me used for publicity purposes during Eastside Dream Elite activities even though we will not receive compensation of any kind for appearing in such photos or video recordings.

In consideration of Coach Anne Christiansen permitting me participate on the Eastside Dream Elite cheerleading team and to engage in all activities related to the team (including but not limited to trying out, practicing, performing or competing in cheerleading), I have read the above warnings and I understand their terms.

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is very contagious and is believed to spread mainly from person-to-person contact. As a result, health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. EDE has put in place preventative measures to reduce the spread of COVID-19; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, using community facilities and/or participating in programs and activities could increase you and your child(ren)s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and VOLUNTARILY ASSUME THE RISK THAT I OR MY CHILD(REN) MAY BE EXPOSED TO OR INFECTED BY COVID-19 by using community facilities and/or participating in EDE programs or activities identified herein AND THAT SUCH EXPOSURE OR INFECTION MAY RESULT IN PERSONAL INJURY, ILLNESS, PERMANENT DISABILITY, AND DEATH. I understand that the risk of becoming exposed to or infected by COVID-19 at the facility or in the programs or activities identified herein may result from the actions, omissions, or negligence of myself and others, including, but not limited to, EDE coaches, volunteers, and participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself or my child(ren) (including but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I, or my child(ren) may experience or incur in connection with my or my child(ren)s attendance at the facility or participation in the program or activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to WAIVE AND RELEASE any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against Eastside Dream Elite and its coaches and agents for any injuries suffered by me or my child(ren) in connection with the use of community facilities or participation in EDE programs and activities identified herein.

IN ADDITION, I AGREE TO COMPLY WITH ALL COVID-19 SAFETY POLICIES AND PROCEDURES OF THE FACILITY OR PROGRAM/ACTIVITY.

Date

Signature of Parent/Legal Guardian

Eastside Dream Elite, LLC
CHEERLEADING

SAFETY GUIDELINES – Prior to participating, both the athlete and parent must read carefully and sign

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Cheerleading is an activity in which stamina; strength, agility and fitness are important factors. You should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cheerleading. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper safety equipment must be used according to instructions given by your coach. If you wear eyeglasses, please ensure proper fitting of safety lenses, appropriate frames and safe personal positioning on any stunt.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Lead cheers and/or perform stunts only at appropriate times and at designated places on the court, field, or performance surface making sure you do not interfere safety of players or other cheer squad members.
5. Travel to and from off-campus facilities and practice/competition sites is to be provided by personally-secured transportation.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for cheerleading.
7. Be aware of your surroundings both at practice and performance including but not limited to floor and surface coverings, vertical and horizontal clearances, lightning and weather conditions. All of these conditions may dictate the proper footwear and limit the amount of cheer activity performed.
8. Keep all performance and practice areas clear of litter and place all personal items in a secured location not on the activity area.
9. Squad members must wear safe and properly fitting footwear.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity and participate only to the extent allowed by the coach.
11. Be aware of the potentially serious injuries if you do not follow correct procedures in stunting. Stunt only as directed by and using only techniques taught by your coach.
12. Be aware of instructions regarding communication between squad members during loading, mounting, results and dismounts phases of all stunts.
13. Use only trained spotter and use spotters as required by your coach and/or cheer rules and regulations.
14. Mini-tramps, springboards and similar equipment should be prohibited.
15. Notify the coach immediately if injured.
16. Practice only when your coach is present.
17. To prevent unauthorized use, at the conclusion of any practice or performance, store equipment in a secure manner as directed by your coach.

Date

Signature of Athlete (age 12 and over)

I, _____, am the parent/legal guardian of _____.
(printed name of parent) (printed name of athlete)

I understand this list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cheerleading program. I have read the warnings and I understand and agree:

Date

Signature of Parent/Legal Guardian

Parent/Guardian Email