

VCC Sideline Registration Form

To participate in Vikings Community Cheerleading (VCC), the Parent(s) or Guardian(s) of new and existing cheerleaders must complete the following:

- | | |
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| <input type="checkbox"/> Registration Form | <input type="checkbox"/> Medical Treatment / Liability |
| <input type="checkbox"/> Concussion Information Sheet | <input type="checkbox"/> Inherent Risks of Cheerleading |
| <input type="checkbox"/> Code of Conduct | <input type="checkbox"/> Payment by Check/Cash/On Website |

Participant and Parent/Guardian Information:

Child's Name _____ Age _____ DOB _____

Address _____ City _____ Zip _____

Parent/Guardian Name(s) _____ Home Phone _____

Cell Phone _____ Email _____

Parent/Guardian Name(s) _____ Home Phone _____

Cell Phone _____ Email _____

Emergency Contact Details

Name _____ Relationship _____

Phone _____ Cell _____ Work _____

Photography, Video, and Other Forms of Advertisement Release:

I give Vikings Community Cheerleading permission to publish in print, electronic, photo, or video format, the likeness or image of my child. I release all claims against Vikings Community Cheerleading with respect to copyright ownership and publication, including any claim for compensation related to the use of the materials.

Child's Signature _____ Date _____ Guardian Signature _____ Date _____

VIKINGS COMMUNITY CHEERLEADING- Code of Conduct

In an effort to provide a safe, fun and nurturing environment, the following guidelines will be in place for members of the Vikings Community Cheerleading Squad, coaches, and parents/guardians. These rules will help promote good sportsmanship as well as aid in the formation of a close bond between squad members while, at the same time, teaching each child to be responsible for their own behavior and its effects on their squad.

COACHES / MANAGERS/BOARD

VCC Coaches, Managers and Board members will:

1. Encourage teamwork, positive attitudes, and good sportsmanship. Each VCC coach will be responsible for the appropriate conduct of herself and encourage the same for her cheerleaders.
2. Always be fair, firm and consistent, promote a positive attitude, and lead by example.
3. Stress teamwork and respect with each and every cheerleader, listen to their concerns and help in any way.
4. Not engage in inappropriate behavior or verbal abuse towards any cheerleader, parent, or fan

PARENTS / GUARDIANS

VCC Parents will:

1. Set the right example by always demonstrating and encouraging positive sportsmanship.
2. Notify a VCC board member and coaches if their child will miss practice or performance due to illness, family vacation, or another unique situation. Otherwise, attendance is mandatory. If a cheerleader is excessively absent, he/she may or may not be able to perform in the next competition.
3. Support the efforts of the coaches and of VCC.
4. Never argue with, use profanity, or voice complaints/concerns with a coach, parent, or any other community member in front of the children.
5. Praise your child's efforts and offer your support.
6. Make the board aware of any concerns or issues so that they can be addressed promptly and proactively.

CHEERLEADERS

VCC Cheerleaders will:

1. Focus on teamwork, helping others, and giving their personal best during practices to learn the dances and cheers with a positive attitude. Negative responses, lack of productivity, and disrespect will not be tolerated.
2. Never make rude, snide or discriminatory comments about a fellow squad member or a member of another squad. If there is an issue of any type, you need to let your coach and parent know.
3. Never bring up the topic of weight between squad members. While healthy nutrition is essential to a good performance, athletes should only be concerned with their own diets, not the diets of others.
4. Understand that tumbling and stunting is extremely serious. If athletes are not paying full attention, someone could get hurt. There will be **NO** talking while we are learning new stunting and tumbling skills. This is to ensure the safety of all involved.
5. Represent the Vikings Community Cheerleading squad in a positive manner at all times, whether in or out of uniform. While at practices, performances and competitions you will be supportive of your squad and display great sportsmanship— especially during competition season, whether you win or lose. When we win, we will be joyous without being haughty. If we lose, we will do so graciously by congratulating the winning squad.
6. Remember that one person does not cause the squad to win or lose. The entire squad is responsible for the outcome of a competition. We will not place blame for a falling stunt or a forgotten dance step.
7. Be prepared to WORK. This means that when you are at practice you need to listen to your coaches carefully and follow directions. Each cheerleader is expected to be respectful and pay attention at all times.
8. Talk to a coach and your parent if any problems arise. Anything can be worked out if we are made aware of a problem, but if we don't know about it, we can't fix it.
9. You will attend all practices and events, unless you have informed the coaches in advance that you will not be able to attend.
10. You will be responsible for all of your uniform pieces and have each part of your uniform with you, in your bag, at every game and event.

I have read the rules of conduct for the Vikings Community Cheerleading Squad. I agree to abide by the rules of conduct while I am a member of the squad so that I can be the best cheerleader and teammate that I can be!

_____ Parent – Print Name	_____ Signature	_____ Date
_____ Cheerleader- Print Name	_____ Signature	_____ Date

INHERENT RISKS OF CHEERLEADING

Cheerleading is an anaerobic/aerobic sport/activity that includes jumping, stunting, motions, and tumbling, which can therefore lead to injury. All should be informed of any injury or chronic conditions. Although the probability of injury is minimized if you practice correctly, there is always the possibility of an injury occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before practices and games by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practices and games.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, or concrete. Do not stunt in rainy weather.
9. Never talk, laugh, or goof around when performing or learning a stunt.
10. Report injuries to the coach immediately after they occur.
11. Follow all trainer and doctor recommendations.
12. Always wear cheer shoes and clothing appropriate for practicing or performing in.
13. Never wear jewelry of any kind or chew gum when cheering, including during practices and games.
14. Always have your hair completely pulled back from your face and shoulders. There should be no strands of hair dangling down and fly aways should be slicked back
15. Eat nutritious meals, drink a lot of water, and get plenty of rest.
16. Always ask for assistance or advice at any time.
17. Take all activities seriously.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

PARENT _____

CHEERLEADER _____

Vikings Community Cheerleading - Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away. Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion

*Adapted from the CDC
and the 3rd
International Conference
on Concussion in Sport
Document created
6/15/2009*

What can happen if my child keeps on playing with a concussion or returns too soon?

- Concentration or memory problems (forgetting cheers, dances)
- Repeating the same question/comment
- Appears dazed
- Vacant facial expression
- Confused about assignment
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to fall / hit
- Can’t recall events after fall / hit
- Loses consciousness
- Any change in typical behavior or personality

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:

- ✓ Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately.
- ✓ No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance.
- ✓ Close observation of the athlete should continue for several hours.
- ✓ The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: “a

youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" **AND** "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

✓ You should also inform your child's coach if you think that your child may have a concussion.

Remember it's better to miss one game than miss the whole season. **When in doubt, the athlete sits out.**

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/> Adapted from the CDC and the 3rd International Conference on Concussion in Sport - Document created 6/15/2009

I have read and received a copy of the concussion information sheet.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Vikings Community Cheerleading - Liability Release /Medical Treatment

I _____, the parent/guardian of _____ do hereby give consent to his/her participation in all activities associated with the clinics, events, camps and functions offered by the Vikings Community Cheerleading programs. In case of illness and/or injury to my child as a result in participating in such program activities, I hereby waive all claims against the program, organization, sponsors, supervisors, directors, coordinators, volunteers, coaches, and staff and hereby release and indemnify the Vikings Community Cheerleading programs from any and all claims against them. I confirm that I / my child, have not been advised by a doctor or paramedic to avoid physical exercise and do not know of any problems that my adversely affect my / their health when taking part at the event. I also hereby acknowledge the risks involved when taking part in cheerleading and dance, and have the necessary insurance to cover such, in the unlikely event of an injury, accident, or loss when taking part. I likewise release from the responsibility any of the persons listed above, and in the event that I am unavailable, I hereby give consent to the local paramedics and/or hospital to administer whatever medical care that is deemed appropriate by the facility and its staff until I can be contacted.

In consideration of me signing this release form, I am allowing myself / my child, to participate in all Vikings Community Cheerleading events and intend to be legally bound and agree to waive and release all rights to claim for damages which I or my child may sustain or suffer whilst participating at the event, including traveling to and from the event. Does your child have a medical condition that could affect participation?

Please check: Yes _____ No _____ If yes, please explain _____

Consent

I, in my own behalf and on behalf of the Minor, hereby agree with the above, have read and fully understand these conditions and by signing, agree to accept them and have signed this document voluntarily and of my own free will.

Signature _____ Date _____

Printed Name _____