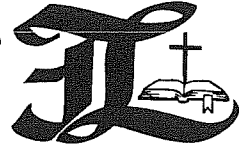




# Forest Lake Christian School

*Athletic Department*

Steve A. Robinson  
Director of Athletics



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## Agreement to Participate in Cheerleading

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Cheerleading requires a high level of fitness and stamina. It is a gymnastic type of activity involving physical contact with other participants. It is a reasonably safe sport as long as certain guidelines are followed.

Some hazards are the possibility of being dropped, colliding with another participant, or falling. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in cheerleading. It is not possible to list each specific risk.

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in cheerleading, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in cheerleading: \_

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I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in cheerleading. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in cheerleading, and I am voluntarily participating in this activity.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Name (please print)

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

\_\_\_\_\_  
Date