

Blanchet Catholic School

Cheerleading Caution Statement

Cheerleading at **Blanchet Catholic School** is a physically demanding activity that involves stunting, tumbling, jumping, dancing, and other athletic skills. Participation in the Blanchet Catholic School Cheerleading Program carries an inherent risk of injury, including but not limited to sprains, strains, fractures, concussions, and, in rare cases, serious or permanent injury.

To promote a safe and successful cheerleading experience, all participants are expected to:

- Follow the instructions and safety guidelines of the Blanchet Catholic School coaching staff at all times.
- Demonstrate proper technique and perform only those skills, stunts, and tumbling appropriate to their experience and ability level.
- Never attempt stunts, pyramids, tumbling, or other advanced skills without direct supervision from the coaching staff.
- Wear appropriate cheerleading attire and footwear during all practices, performances, and competitions.
- Report any injury, illness, or unsafe condition immediately to the coach.
- Participate only when medically cleared and physically able to safely perform required skills.
- Maintain a positive, respectful, and safe environment by supporting teammates, practicing good sportsmanship, and using sound judgment.

Participation in the Blanchet Catholic School Cheerleading Program is voluntary. While the school and coaching staff are committed to providing proper instruction, supervision, and a safe practice environment, no activity can eliminate all risk. Parents/guardians and student-athletes acknowledge that participation in cheerleading involves inherent risks and accept responsibility for following all safety rules, school policies, and coaching instructions.

The health and safety of every cheerleader are a top priority at **Blanchet Catholic School**. Coaches, student-athletes, and parents share the responsibility of promoting safe participation through open communication, proper preparation, adherence to safety standards, and immediate reporting of any injury or health concern.

In the Event of an Emergency

1. Stop all activity immediately.
2. Assess the situation and determine if emergency medical services (EMS) are needed.
3. Call 911 immediately for any life-threatening injury or illness.
4. Do not move an injured athlete unless there is immediate danger (fire, collapsing structure, etc.).
5. A coach or designated adult will remain with the injured athlete until EMS arrives.

6. Another coach or responsible adult will:
 - Direct EMS to the emergency location.
 - Meet emergency responders and escort them to the athlete.
 - Notify the Athletic Director and school administration as soon as practical.
7. Parents/guardians will be notified as soon as possible.
8. An incident report will be completed and submitted to the Athletic Director following the emergency.

Lightning Evacuation Procedures

Cheerleading activities will be suspended immediately when lightning is detected or thunder is heard.

When Thunder Roars, Go Indoors

- At the first sound of thunder or sight of lightning, all practices, games, and outdoor activities will stop immediately.
- Cheerleaders, coaches, and spectators will move quickly to a safe indoor building or other substantial shelter.
- Open fields, bleachers, tents, trees, light poles, and dugouts are not considered safe shelters.
- Do not remain on the practice field, track, sidelines, or parking lots during a lightning event.

Resuming Activity

Cheerleading activities may resume only after:

- At least 30 minutes have passed since the last sound of thunder or visible lightning.
- Weather conditions are determined to be safe by the coaching staff and school administration.

If additional thunder or lightning occurs during the 30-minute waiting period, the 30-minute clock begins again.

The safety of athletes, coaches, officials, and spectators will always take precedence over completing a practice or event.