



MOMENTUM CHEER 2019-2020 GENERAL RULES AND DISCLAIMER FORM

Momentum Cheer Rules and Regulations

Main Rules

Attendance

-All members must arrive at least 15 minutes before the start of the session and be ready to go at the start of the class.

Finance

-Momentum Cheer endeavors to keep costs to a minimum but there are some resources and fees that have to be paid for. All recreational members must pay for their classes before the class starts.

-Competitive athletes must follow payment schedules outlined in tryout packs.

Behaviour

-All members must listen to and respect the teaching staff and helpers at all times.

-All members must treat the building and equipment with respect and care.

-All members must speak to others with respect, and without using poor or distasteful language.

-All members must respect everyone in the group and remain quiet when someone else is talking.

-During cheerleading stunt and tumble coaching, it is essential that all members are attentive and follow coaches' instructions, even if not involved in the activity.

Health and Safety

Attire:

-All members must remove all jewellery and glasses before practice starts.

-Hair must be kept away from the face at all times.

-Athletes must wear sports-appropriate clothing that they can move freely in. At any point, an athlete may be required to be upside down, so all athletes must wear sports underwear e.g. sports bras and pro-style shorts.

-Cheerleading is a contact sport that requires the ability to maintain strong grips.

Athletes must ensure that they are not wearing any clothing that prohibits this e.g. baggy clothing or excessively slippery material.

-Appropriate footwear (cheerleading shoes or clean shoes for use on indoor mats) must be worn.

Safety:

-Cheerleading is a physical activity that can be strenuous and tiring. Members must make sure they eat well and drink plenty of water, especially on training days. If members have not fueled their body appropriately and skills become unsafe, they

will not be allowed to take part.

- Chewing gum is not allowed at any time in the gym.
- Smoking, drinking alcohol, or use of any other intoxicating substances will not be tolerated at any time within the day of, or during, a practice.
- Athletes under the age of 18 must not leave the building without a parent or guardian.
- Only Momentum staff are allowed in the staff room and office areas.
- Athletes must not stray from areas of the building designated by staff at any particular time.
- Eating or drinking is to take place only off the mats during break times and all rubbish needs to be cleared by athletes.

In the event of a fire:

- Raise the alarm and inform Momentum staff.
- Leave the gym immediately via the main entrance and assemble on car park. Do not stop for belongings.
- If you have mobility impairments or require assistance during an evacuation please inform staff when handing this form in or as soon as your mobility changes.

First Aid:

- The first aid box is located near the gym entrance. If you require first aid please inform staff before accessing the supplies.
- If you do sustain an injury, you will need to fill in an accident report which will be kept for any future reference in keeping with our data policy.
- You are responsible for providing your own supports and aids for any pre-existing conditions or ongoing injuries (e.g. heat gel, ankle supports, etc.)

Please note: Momentum Cheer do not take responsibility for any possessions lost, stolen or damaged whilst on the premises, in the gym, car park vicinity or during any Momentum activity. Do not bring any expensive or valuable possessions or large quantities of money to the gym. We recommend that anyone under sixteen years old be accompanied by a responsible adult both to and from the gym and make provision to travel in groups of two or more where appropriate.

Momentum Cheer Disclaimer and Medical Release Form

Athlete Name:	
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I hereby agree to follow all rules and regulations established by Momentum Cheer. I understand the rules in force. I understand that I will be held liable for any damage of property, gym etc. that are a result of my personal actions.

Athlete Signature: (if athlete is under 10, signed by parent/guardian)	
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Cheerleading is an athletic contact sport that may result in injury and I recognise the risks. It involves hands on contact by instructors in order to remain safe. I authorise instructors to coach in this way. I voluntarily authorise Momentum Cheer to administer and/or obtain routine or emergency medical treatment for the person (named above) as deemed necessary in medical judgement.

Athlete Signature: (if athlete is under 18, signed by parent/guardian)	
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Photos and videos of athletes are often taken by Momentum Cheer at competitions, practices, and events. These pictures may then be used in updates, promotional print/digital material, and sometimes in press content. I authorise the staff of Momentum Cheer to take photos and videos of the athlete (named above) and use these images in this way.

Athlete Signature: (if athlete is under 18, signed by parent/guardian)	
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