

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CHEERLEADING (ACROBATIC, SPIRIT, OR DANCE)

Cheerleading used to be an athletic activity designed to act as a support system for other sports, primarily for boosting school and team spirit. Cheer competitions changed all that as increasingly more difficult stunts, with an increasing risk of injury, have been introduced as an important factor in judging acrobatic cheerleading competitions.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified/trained/experienced coach as per the minimum requirements of Manitoba Association of Cheerleading as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cheerleading

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression, including proper spotting and catching skills

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Sessions include not only skill development but a conditioning component

Drinking water is available and consumed as needed

Students are assessed and assigned a physical conditioning program

Skills not mastered in practice are not to be included in competitions

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during the initial skill learning stages and when high-risk moves are practised; otherwise, **in-the-area supervision** is provided

Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is clearly marked and provides a dry, flat surface that is free of hazards (on floor and overhead)

Adequate clear space around activity area is provided

Proper lighting and ventilation, when applicable, are provided

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Appropriate mats and safety equipment is available and in good repair

Equipment is checked by a qualified person before every session

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing for conditions is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher