

## **Shepherd High School Cheer Team**

### **Informed Consent and Acknowledgement Agreement**

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back.

I/We, \_\_\_\_\_, parents and/or legal guardians of \_\_\_\_\_, who is a student at Shepherd High School who wishes to participate in the cheerleading program, voluntarily give our consent for such participation by our son/daughter.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increased potential that any one of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, and that there will be a variety of mounts, tosses and stunts requiring coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites and venues throughout the year.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical or mental disability or other limitation that would restrict his/her ability to fully participate in this activity. We agree to notify immediately the cheer squad coaches in the event of any change in our son/daughter's health status.

We also understand that our son/daughter will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation will be provided to him/her by the appropriate school personnel. We consent to such school sponsored transportation.

We agree to, and by signing this agreement, release the coaches, advisors, volunteers and staff of Shepherd High School and the Administration from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims or damages for injury to our son/daughter and any claims of loss of or damage to his/her property which may arise out of his/her participation in this school sponsored program.

In witness whereof, I/we have affixed our signatures to this agreement this \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
(parent's and/or legal guardian's signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(parent's and/or legal guardian's signature)

\_\_\_\_\_  
(date)