

# SAFETY

**What is the significance of learning Tumbling for Cheerleading Skills?**

- **Tumbling is the basis for all Cheerleading Skills**
- **It enhances Performance Skills**
- **Makes the Cheerleaders 'Body Aware'**

**The Coach should be aware of the following before any Skill is taught:**

- **Risk exists in every single Cheerleading activity, including Tumbling**
- **Coaches are required to minimize the risk and manage the safety of Cheerleaders at ALL times**
- **Coaches must be present during ALL Cheerleading activities**
- **Coaches must have emergency contact details and relevant medical information for ALL Cheerleaders in their care**
- **Coaches must have an Emergency Plan and relay the information to ALL Cheerleaders and Helpers**

**Adequate Environmental Setting:**

- Appropriate mats are effective in further enhancing and/or supplementing safety
- Coaches must instruct in the use of appropriate mats, but be aware that the use of mats **DOES NOT** eliminate risk completely
- If a Tumbling session is being conducted on an un-sprung floor, mats can be used double thickness to soften the surface. This helps to prevent shin and wrist splints and can reduce other injuries
- Excessive Tumbling on a hard surface is often the cause of poor technique as well as being extremely stressful on the Cheerleader's body



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## Performer Readiness:

Even though Cheerleaders may possess grace and balance in other Cheerleading movements, extra care should be taken to develop **Kinesthetic Awareness** as it relates to Tumbling. (Kinesthetic awareness is being aware of what position your body is in. How you're moving your body. Being able to "feel" from your head to toes, and fingertips etc)

- Cheerleaders need to be both **Physically** and **Psychologically** ready to participate in all Cheerleading activities
- **Ensure Cheerleaders are in proper attire including footwear. Shoes with good lateral support, snug fitting and good cushioning should be worn to prevent toes, feet and ankles from injury during BOTH Cheerleading and Tumbling activities**
- A thorough **Warm-Up** and **Stretch** are essential as the range of motion increases with the inclusion of **Tumbling Skills**

## Proper Progression:

- It is important to teach **Tumbling Skills as well as Stunting** in the '**Proper Progression**' as this will enable Cheerleaders to know how their body reacts
- They will then be able to use this body awareness in mastering Tumbling at all levels

**Check these points before introducing Tumbling within Cheerleading sessions**

# GENERAL SPOTTING TECHNIQUES

## Points for 'Hands on Spotting'

- **Protect the head, neck and back of the Performer**
- **Take extra care with movements that include the Somersault Skill**
- **Watch the movement of the Tumbler carefully – do not lose visual contact**
- **Do not stand too far a way from the Tumbler**
- **Keep your body upright, use your legs and keep half a step ahead of the Tumbler**
- **Lead the Tumbler in the correct direction**
- **Spot until the landing is completed**
- **Increase safety by using 2 spotters if necessary**