

SAFETY AWARENESS



As in every other sport, the most important element to consider is:
SAFETY AWARENESS

RISK EXISTS IN EVERY SINGLE CHEERLEADING ACTIVITY.
In other sports, injuries often occur during the actual games, but in Cheerleading, there is a high possibility for injuries to occur during practice.

Coaches are required to MINIMISE the risk and MANAGE the safety of Cheerleaders at ALL Cheerleading activities at ALL times

PERSONAL SAFETY

- Are you qualified?
- Do you have the correct knowledge of skills you are coaching, including progressions of how to teach them?
- Do you have adequate insurance cover?
- Do you have a DBS certificate?
- Do you have a First Aid qualification, know who the additional First Aider is and know where the First Aid equipment is stored?
- Do you have an emergency plan?
- Do you have an accident book?
- Do you have a disclaimer?
- Are you dressed appropriately?

PARTICIPANTS SAFETY

- Do you have their medical information on file?
- Do you have their emergency telephone numbers on file?
- Are they dressed appropriately?
- Are they healthy & rested?
- Are they mentally and physically ready to take on the task you are setting?

OVERALL SAFETY

- Have you carried out a Risk Assessment?
- Is the environment safe for the activity you are coaching?
- Do you have the correct training equipment?
- Is there enough space?
- Is the ceiling high enough for stunting?
- Is the surface flat & dry?
- Are you training indoors or outdoors?
- Are there enough mats?
- Is drinking water available?
- Is there enough light?
- Is it too warm/cold?

SAFETY AWARENESS



How Should Cheerleaders be dressed for Stunting?

- Snug fitting uniform/ practise wear
- Correct footwear
- No piercings
- Hair tied back off the face - only soft textiles for hair accessories – no clips or hairgrips
- No jewellery
- Short nails

Clothing NOT recommended for Stunting:

- Tights
 - Baggy sweatshirts
 - Jeans
 - Hoods & pockets
 - Zips
- The Flyers feet may slip whilst climbing on the bases
Spotters/Catchers need to be able to catch the Flyer's body
Restricted movement
Body parts can get caught up
Can cause injuries

What properties should Cheerleading footwear have?

- Lateral support
 - Snug fitting
 - Cushioned soles
- Helps protect the ankles from injury
Restricts movement of the foot
Helps protect joints

Mats for Cheerleading

Mats must be used at all times for stunting activities to further enhance safety and reduce the risk of injury.

Coaches must be aware that the use of mats does NOT eliminate risk completely.

Do not use crash mats for stunting drills. Whilst this may seem a safer option for learning a new skill, crash mats do not allow for stable footing.

Be aware that if training on a sprung floor, Cheerleaders have to work harder to stabilise themselves.

PROPER PROGRESSION

It is important to teach skills in the proper progression as this will increase Cheerleaders' body awareness. They will then be able to use this in mastering stunt techniques at all levels.



Continuous development using proper progression



When not using proper progression, initial skill may be acquired but will eventually plateau, making further development very difficult

As a Coach, you must be able to guide your Cheerleaders through step by step progressions in order to stay SAFE. Young athletes often believe they can achieve more than they are physically able to.