

Health and Liability Waiver

It must be understood that cheerleading carries with it a risk of physical injury. Strict adherence to the rules and guidelines is necessary to ensure the safety of all team members, including stunting, tumbling, and cheering. Even with the highest degree of caution, it cannot be guaranteed that injuries will not occur.

The cheerleader or parent/guardian will not hold the Coach(s), Advisor, Davis High School, or Davis School District responsible in the event of an accident or injury.

If a cheerleader becomes injured and is unable to participate in cheer activities, a medical release, signed by a physician, must be submitted before the cheerleader can resume regular cheer activity.

Cheerleaders are expected to maintain their health and strength in order to have the ability to perform all the requirements of cheerleading. If medical conditions arise that interfere with the safety and function of a cheerleader, proper precautions will be put in place.

If existing injuries prohibit you from engaging in cheer activities to the fullest extent i.e., tumbling, stunting, jumping, dancing, and yelling; please reconsider your decision to tryout, as your best interest should be of utmost concern.

All team members must have medical clearance from a physician before engaging in school cheerleading activities. Medical clearance is valid for 1 year and must be done each Spring. Please be prepared if the school's athletic director asks for proof of insurance. **Physicals are due to the cheer coach by May 31, 2019.**

By signing below, you and your child agree not to sue, and not to press or hold charges against the coach, advisor, assistant coaches, Davis High School if your child becomes sick or injured while participating as a Davis High School Cheerleader and/or during tryouts.

Cheerleader Signature: _____

Parent/Legal Guardian Signature: _____

Date: _____

- I have included a copy of my cheerleader's physical in this tryout application
- I have scheduled an appointment for my cheerleader's physical & will submit it by May 31