

**NATRONA COUNTY SCHOOL DISTRICT  
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**CHEERLEADING  
CHECKLIST OF PROCEDURES**

- A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign \_\_\_\_\_ Date \_\_\_\_\_

- B. Emergency Action Plan is outlined, on file in the Athletic office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
  - a. Outline personnel and role.
  - b. Identify necessary equipment.
2. Availability of phones and access to **911**.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign \_\_\_\_\_ Date \_\_\_\_\_  
Sign \_\_\_\_\_ Date \_\_\_\_\_

- C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stops”. Each coach has read and understands.

Sign \_\_\_\_\_ Date \_\_\_\_\_  
Sign \_\_\_\_\_ Date \_\_\_\_\_

- D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.
- E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids.
- F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”
- G. Explain all drills and their purpose (conditioning, improving skills, safety).
- H. All stunts must be practiced with appropriate spotters.
- I. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.

