

COCONUT CREEK FOOTBALL PROGRAM CORP/CHEER DIVISION 2020

PARTICIPATION WAIVER AND RELEASE FORM

CHILD'S NAME _____ DOB: _____

I recognize that potentially severe injuries, including but not limited to permanent paralysis or death can occur in sports or activities involving height or motion, including but not limited to tumbling, cheerleading, dance, ball sports, and martial arts. Being fully aware of these dangers, I voluntarily consent for my child/children to participate in the Coconut Creek Football Program Corp. cheerleading program and accept all risks associated with that participation.

I hereby agree to individually provide for all present and possible future medical expenses, which may be incurred by my child as a result of any injury sustained while participating at or for the Coconut Creek Football Program Corp. cheer program.

I have read and understand this acknowledgement of risk and waiver of liability and I voluntarily affix my name in agreement.

I fully understand that the staff/volunteer members are not physicians or medical practitioners of any kind. With the above in mind, I hereby authorize the staff/volunteers to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the staff/volunteers to call our doctor and to seek medical help, including transportation to any health care facility or hospital or the calling of an ambulance for said child should the staff/volunteer deem this to be necessary.

We the staff/volunteers recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of cheerleading and tumbling. Students may suffer injuries possibly minor, serious or catastrophic in nature. Parents should make their children aware of the possibility of injury and encourage their children to follow all of the safety rules and coaches' instruction.

Coconut Creek Football Program Corp., its coaches and other staff members will not accept responsibility for injuries sustained by any student during the course of cheerleading, gymnastics, tumbling or dance instruction or open work outs or in the course of any exhibition competition, or clinic in which he or she may participate at while moving to and from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered. I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against the Coconut Creek Football Program Corp. and or its representatives whether paid or volunteer.

I also affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage, which I consider adequate for both my child's protection and my own protection.

I also understand that it is the parent's responsibility to warn the child about the dangers of cheerleading injuries. The parent should warn the child according to what the parent feels is appropriate. We will only warn the child through "Safety Messages" and our teaching style and progressions.

Print Parent or Guardian Name: _____ Date: _____

Parent / Guardian Signature: _____

Phone # _____

Photo Release: I, the parent of this registered child, grant permission and irrevocably authorize Coconut Creek Football Program Corp to copyright, use and publish for any legal purposes whatsoever any and all movies, videos, and photographs of me/my child and to use them for promotional and/or commercial purposes without recourse or compensation to me. All such photographs shall be the sole property of the above named entity and I release them from any claims whatsoever, which arise in said regard.

Parent / Guardian Signature: _____

MANDATORY - PLEASE READ & SIGN

DEHYDRATION & CONCUSSION

HYDRATION...Drink, Drink, Drink and Drink Some More

Throughout this cheerleading season, these kids will be working very hard both at weekly practices and games and it's imperative that we keep fluids readily available. It can be hard to get kids to drink plenty of water so choose occasional water alternatives in flavors that your kids like. Propel fitness water is a good substitute for plain water. Add fruits to give your kids water a fresh flavor alternative. Stay hydrated by adding high water content foods to your snacks or meals...Pineapples, Blueberries, Cucumbers, Celery, Watermelon, Tomatoes.

Coaches will give ample water breaks so make sure to send large water bottles with your child. It's important to make sure your child hydrates before and after practice/games. Drinking 30 minutes before their activity and every 15-20

Signs of Dehydration

- Headache
- Dry lips
- Joint pain
- Dry skin
- Fatigue
- Dark Urine

Be on the lookout for the 3 levels of dehydration and act quickly if you see any of these symptoms.

Heat Cramping-Muscle pain, cramps and spasms.

Heat Exhaustion-Dizziness, nausea, pale skin, sweating, vomiting, fainting

Heat Stroke-Hot dry skin, altered consciousness, confusion, seizures

In the event of dehydration, cool off the skin with cool compresses, hydrate with plenty of liquids and electrolytes and call 911 if you reach the level of heat stroke.

CONCUSSIONS

Recognizing the dangers to young athletes from the effects of a concussion, we want to insure that all athletes, parents and coaches understand the dangers of a concussion, how to spot symptoms of a concussion, and the appropriate actions when a concussion is suspected.

Concussions are brain injuries and can be caused by a bump or blow to the head or by a blow to another part of the body with force transmitted to the head. They can range from mild severe and can disrupt how the brain normally works. You can not see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms may appear immediately or may take several hours or days to appear. If you suspect a concussion, seek medical attention right away.

Action Plan

If a concussion is suspected, the athlete should be removed from the field.

Ensure that the athlete is evaluated by an appropriate health care professional.

Parents should be informed immediately.

Athlete can return to play only after medical clearance by an appropriate health care professional

BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

Signs/Symptoms of a Concussion

- Headache
- Nausea or Vomiting
- Dizziness/Balance Issues
- Blurry Vision
- Sensitivity to Light and/or Sound
- Feeling Sluggish and Groggy
- Confusion and/or Memory Problems

CHILD'S NAME: _____

PARENT: _____ DATE: _____