

# MEDICAL RELEASE FORM

Athlete's Name \_\_\_\_\_ Birthday \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ H Phone \_\_\_\_\_

Father's Name \_\_\_\_\_ W Phone \_\_\_\_\_

Mother's Name \_\_\_\_\_ W Phone \_\_\_\_\_

Cell Phones \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

## Medical Information

Heart Condition or Disease	Y or N	Asthma	Y or N
Diabetes	Y or N	Convulsions/Epilepsy	Y or N
High Blood Pressure	Y or N	Allergic to Medication	Y or N
Psychological Condition	Y or N	Bone/Joint Weakness	Y or N

Allergies? \_\_\_\_\_

Medical conditions? \_\_\_\_\_

Medications taking? \_\_\_\_\_

Do you give permission to administer Tylenol or Advil if needed? \_\_\_\_\_

I understand there is personal risk involved in any activity that involves motion, height or rotation and that these activities, although rare, can result in serious injury, disability, or even death.

I do hereby certify that the above named student is completely capable, physically or otherwise, to participate in the activities provided by ATB ATHLETICS. I understand that if there is any physical or medical reason why my child should not participate fully, ATB ATHLETICS requires a doctor's release.

In case of emergency, I give permission for appropriate ATB ATHLETICS staff to administer first aid and/or CPR. I also hereby give permission for emergency medical and hospital staff to administer immediate treatment to my child in the event of illness or injury.

I understand that this form legally releases all responsibilities and obligations for medical treatment of my child in the event of illness or injury during any class or team related activity or function when a parent cannot be reached. I understand that ATB ATHLETICS, its instructors, coaches, parents or other volunteers may not be physically close enough to any given student at any given time in order to prevent an accident or injury from occurring. Therefore, ATB ATHLETICS is not liable for any injury including death, incurred by reason of the student's participating in any activity at ATB ATHLETICS or during activities provided by ATB ATHLETICS.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

# **INHERENT RISKS OF CHEERLEADING**

We at ATB ATHLETICS are very aware of the “potential danger” of cheerleading and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is doubt as to the consistency of a skill. We believe in proper and meticulous progression as lead-ups for more advanced skills. We believe in padding and matting and any training devices designed to make learning as safe as possible.

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity which includes, but is not limited to, jumping, stunting, motions, and tumbling. ATB ATHLETICS strongly recommends each student undergo a physical examination by his/her physician before beginning any cheerleading activities. Each student must inform their coach of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries (including those involving paralysis), and even death. However, if certain precautions are taken, the possibility of such injuries occurring will be largely decreased:

Make sure the following guidelines are consistently followed:

1. NEVER stunt or tumble unless a coach or coach’s designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm up appropriately before cheering at practice or competition.
4. Do not attempt a stunt or skill that you do not know how to perform safely and without a coach present.
5. Always use attentive spotters and mats when stunting.
6. Always cheer in an area free from obstruction.
7. Do not stunt on uneven ground, wet surfaces, or concrete.
8. Never talk, laugh, or play around when performing a stunt or tumbling.
9. Report all injuries to the coach as soon as they occur.
10. Follow all trainer and doctor recommendations.
11. Condition properly to increase strength and guard against injuries.
12. Always wear shoes and clothing appropriate for cheerleading.
13. Never wear jewelry of any kind or chew gum when cheering.
14. Always have hair pulled back from your face and shoulders.
15. Eat nutritious meals and get plenty of rest.
16. Drink plenty of water during practice or competition.
17. Always ask for assistance or advice at any time.

I HAVE CAREFULLY READ THE PRECEDING WARNING. I HAVE HAD THE OPPORTUNITY TO ASK QUESTIONS AND HAVE THEM ANSWERED. I THOROUGHLY APPRECIATE AND UNDERSTAND THE RISKS INVOLVED IN ACTIVE PARTICIPATION IN CHEERLEADING. I ACKNOWLEDGE THAT I AM PHYSICALLY FIT AND AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# **MATERIAL, UNIFORM, & PROPERTY RIGHTS AGREEMENT**

## 1. ATB ATHLETICS Material Agreement:

As a member of ATB ATHLETICS, any materials (cheers, chants, pyramids, partner stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose, to anyone outside the ATB ATHLETICS organization. All material is owned by ATB ATHLETICS and may not be reproduced or taught in any manner without prior written consent from ATB ATHLETICS. Anyone violating this agreement may be removed immediately from the ATB ATHLETICS program.

## 2. ATB ATHLETICS Uniform Agreement:

Any and all parts of the ATB ATHLETICS cheerleading program uniform may only be worn during specific and official ATB ATHLETICS program activities. The uniform may not be worn for any other activity without prior written consent from ATB ATHLETICS. No part of the uniform may be loaned to any person that is not a current member of the program. Anyone violating this agreement may be removed immediately from the ATB ATHLETICS program. In addition, if your child leaves or is removed from the program, then you forfeit your right to said uniform and it becomes the property of ATB ATHLETICS.

## 3. ATB ATHLETICS Property Rights Agreement:

No ATB ATHLETICS related items may be sold without prior written consent from ATB ATHLETICS. No person shall, for any reason, print, embroider, screen, or, by any other means, transpose the ATB ATHLETICS logo or name onto any material without prior written consent from ATB ATHLETICS. The company name and its entity are solely owned by ATB ATHLETICS. Any violation of this agreement may result in legal action.

I have read and understand the ATB ATHLETICS Material, Uniform, and Property Rights Agreement, and will adhere and abide by these agreements:

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

## **NO REFUND POLICY**

By signing this form below, I understand that joining ATB ATHLETICS is a one (1) year commitment and will do everything possible to ensure that my child will participate throughout the year.

I also acknowledge that in the event that we choose to leave or if we are asked to leave the ATB ATHLETICS program, all fees paid to ATB ATHLETICS will not be refunded under any circumstances.

I also agree that a 30-day written notice filed in person is required to withdraw from the program. No faxes or phone calls will be accepted. I agree that I am responsible for tuition in that 30-day period.

### **Please read and sign the following:**

I have read and agree to abide by the policies as stated above.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

*This form must be signed by all parties and returned  
to the Front Office at the time of registration.*

**PLEASE RETURN THIS FORM TO ATB ATHLETICS**

We, the undersigned, have read, understand, and agree to abide by the Code of Conduct, Policies and Procedures, and Rules of ATB ATHLETICS.

**Athlete:**

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**Parent/Caregiver:**

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**Date:**

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