

Buffalo Bison Cheerleading Injury/Risk Waiver

CHEERLEADING is an exciting athletic activity, which involves jumping, tumbling, lunging, running, hopping, weight lifting/conditioning, and a wide variety of contact when stunting. Because of these conditions inherent to the sport/activity, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints, and tendons; and general deterioration of health. Such injuries can result in not only temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as it can be at our events, participants and their coaches are expected to follow the rules and guidelines as stated in the current National Federation Spirit Rule's Book or the current UCA/AACCA/USASF rules for the appropriate team and level. It is vital that athletes follow these skill instructions to decrease the possibility of serious injury.

We have read the information above concerning the risks of participating in cheerleading. We understand and assume all risks associated with participation with Buffalo Bison Cheerleading. We further agree to hold the Buffalo Bison Cheerleading Program represented (coaches, staff members, board members, etc.) present harmless in any and all liability actions, claims, or additional legal action in connection with participation in any activity related to these stated events.

In signing this form, we assume the inherent risks of cheerleading and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

In addition, I give the Buffalo Bison Cheerleading Program permission to videotape and/or photograph my cheerleader during practices and events without reservation or limitations and grant the Buffalo Bison Cheerleading Program the right to use such photographs or videos in any media now in existence or developed in the future.

This signed form allows the participant to be eligible to participate in all Buffalo Bison Cheerleading Events for the 2022 off-season.

My child, _____ has my permission participate on the BUFFALO BISON CHEERLEADING team at **BUFFALO BISON CHEERLEADING**. I understand by the very nature of the activity, cheerleading, stunting, and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold **BUFFALO BISON CHEERLEADING** or any of its personnel responsible/liable in the case of accident or injury at any time.

Parent/Guardian Signature _____ Date: ___/___/___
Student Signature: _____ Date: ___/___/___