



ATHLETE
HAND BOOK
2023-2024

Expectations and rules for athlete and parent members of Star City Cheer

- Parents and athletes will behave respectfully toward the coaches, other athletes, and parents, in the gym and at events/competitions. Failure to do so will result in immediate dismissal.
- Disrespectful behaviour including abusive behaviour, lying, and any other behaviour deemed inappropriate is grounds for dismissal. Please remember that disrespectful comments about Star City Cheer via any avenue, including social media, may result in dismissal from the program.
- Membership to Star City Cheer is a privilege and athletes and parents should be aware of the responsibilities and commitment they are making when they accept a place on Star City Cheer Team.
- Your behaviour as a member (athlete or associated adult) is a direct reflection of the Star City Cheer as a program as well as a direct reflection of your coaches. Please conduct yourselves with integrity and pride in the program we are building together.

Initial _____

Refund Policy

There are no refunds on any paid fees due throughout the year except for exceptional circumstances such as relocation or serious injury. The costs do not change based on the number/duration of practices in a given month. If an athlete is dismissed before the session's end for any reason, any and all their funds are used to keep coaches working and our gym rentals paid. There are no refunds on uniform or merchandise once ordered.

Initial _____

Practice Attire

Cheerleaders must wear appropriate clothing (t-shirt and shorts/leggings) and hair tied back and away from the eyes. A t-shirt or tank top is required to wear over a sports bra at every practice. All athletes will be required to wear indoor/cheer shoes.

Athletes should wear fitted clothing, with no sharp objects such as zippers or buttons. Fitted clothing decreases the chance of injury and allows coaches to better identify required corrections.

Initial _____

Medical Release

I, _____ on my own behalf and on the behalf of my child, acknowledge and agree that such participation subjects my child to possible physical issues (COVID-19, influenza, other injury (minimal, serious, catastrophic and or death)) and that I, on my own behalf and on the behalf of my child acknowledge that my child is assuming the risk of such injury or illness by participation in cheerleading practice and events.

In the event of such injury or illness, I authorize Star City Cheer to obtain necessary medical treatment for my child and hereby, on my own behalf and on the behalf of my child, release and hold harmless Star City Cheer, its coaches, volunteers, directors, officers and sponsors in exercise of this authority. I further acknowledge that I will be responsible for any and all medical and related bills that may be insured on the behalf of my child for any illnesses or injury that my child may sustain during practice or their events and while travelling to and from the site of the practice or event whether or not the practice or event actually occurs.

Initial _____

Appearance Agreement and Age Verification

I _____. understand that Star City Cheer, from time to time, may participate in promotional material relating to its programs, its sponsor's programs and the programs and events of other cheerleading organizations and governing bodies. I understand that as a participant and/or spectator of the event that I/my child may be included in videotapes and/or photographs taken during the event. Therefore, without reservation or limitation, on my own behalf and on behalf of my child, I hereby assign, transfer and grant Star City Cheer, its successors, assignees, licenses, sponsors, any television networks, newspapers, news websites, BCCA, IASF, Cheer Canada and all other commercial exhibitors the exclusive right to photograph and/or videotape my child and utilize such videotapes and photographs and my child's name, face likeness, voice and appearance as part of the event, in advertising and promotions for any current or future events. I further understand that neither Star City Cheer nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, on my own behalf and on the behalf of my child, verify that the date of birth of my child is accurate and truthful. By signing the I agree to not allow my child to be placed in an age division that is not appropriate by applicable governing body standards, including but not limited to BCCA, ISAF, and Cheer Canada.

Initial _____

Liability Statement

Cheerleading is vigorous activity that includes tossing, falling, running, jumping, stunting, tumbling, pyramids and dancing. Due to the nature of this type of activity, the possibly of injury and death could occur. By signing this agreement, you agree that your child is physically active and fit to participate in this activity and has no known medical conditions that may compromise the safety of your child, other athletes or coaches

As parents/guardians of the above-mentioned athlete, a minor, I hereby grant the permission necessary to allow my child to participate in all events conducted by or attended by Star City Cheer including but not limited to: cheer practice, classes, competitions, and community events. I understand that accidents can be a result of the nature of the activity and can occur with or without any fault on either the part of the athlete, Star City Cheer, the coaches, the volunteers or facility where the activity/event is taking place. By allowing my child to participate, I am accepting the risk of an accident occurring or transmission of illness or disease (including but not limited to Influenza, colds, COVID-19, and COVID-19 related illnesses) and agree that the activities carried out in the course of participating in cheerleading are suitable for my child. I assume full responsibility for my child's participation. Through participation, I am admitting awareness of the usual risks and danger inherent in participating in all of the activities offered by Star City Cheer and the possibility of injury both minor and serious, illness, property damage or loss of life resulting from the activities. I waive any and all claims that I may have against, and release all liability and agree not to sue, Star City Cheer, its coaches or volunteers for any personal injury, property damage or loss sustained as a result of my child's participation in the programs, arising out of any cause whatsoever. I hereby warrant that I have read this Participant Release and Waiver form in its entirety and fully understand its contents. I am aware that this Participant Release and Waiver form releases Star City Cheer, its coaches and volunteers from liability and contains an acknowledgement of my voluntary and knowing assumptions of the risk of injury or illness. I have signed this document of my own free will.

Initial _____

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I CONFIRM THAT I HAVE READ AND UNDERSTOOD THESE RELEASE AGREEMENTS PRIOR TO SIGNING THEM, AND I AM AWARE THAT BY SIGNING THESE RELEASE AGREEMENTS I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signature

Date

Print Name

Signature of Guardian
if Athlete is a minor