

**Stirling University Cheerleading Club**  
**Safety Regulations**



**1. Safety**

- a) Ensure clothing and footwear is suitable.
- b) No hoods, baggy sweaters, jewellery, or low grip materials.
- c) Avoid unnecessary frills, trim, and pockets.
- d) Check the floor surface. It should be flat, solid, dry, free from loose items, and have a good surface.
- e) Check the surrounding area for dangerous obstructions such as chairs or railings
- f) Check overhead for ceiling height, light fixtures or roof beams.
- g) Practice with crash mats, especially when indoors.
- h) If you are feeling tired or unwell you should not stunt.
- i) Always warm up and stretch before any practice session or performance.
- j) Only one person should be talking during stunt building practice, and then only to count.
- k) The keyword 'Down' is an imperative, called by any person it initiates an immediate controlled dismount.
- l) Beginners should start off mastering the basics and not be lead into advanced stunts.
- m) Before practising a stunt or pyramid talk through each stage, especially the dismount, before building.
- n) Practice building a stage at a time, and dismounting from each stage. Dismounting from each stage generates good control for bringing it down safely at any point.
- o) Get stage one right before going onto stage two.
- p) Bases should be set, and where applicable locked, before the flyer starts to mount.
- q) Every stunt or pyramid should be practised with spotters, ideally one person covering for every person off the ground. Everyone on the squad should become proficient in spotting techniques.
- r) Use 'Step Lock' technique for climbing.
- s) Pyramids should be practised to a count sequence. You can add music or chant words later, based on the count.
- t) The final set should be held for at least a count of two, both for visual effect, and to aid dismount timing.
- u) Always dismount from the top down whilst continuing the count.
- v) Concentrate. Be alert.
- w) Practice makes perfect, but beware that repetition can make for complacency.
- x) Squad Constitution

**2. General Rules**

- a) Always be punctual
- b) Attend every training session
- c) Always have a good warm up
- d) Always dress properly for practice

- e) Hair must be tied back, and no hats must be worn during practice
- f) For safety reasons **YOU MUST NOT ANY WEAR JEWELLERY**