



By completing this form I agree to the following:

The parent / legal guardian/ athlete (if 18yrs+) of the named athlete do consent that she/he may participate in sports activities with Milton Keynes Cheerleading Academy (MKCA). I recognise the risks involved when taking part in any activity involving height and motion, including cheerleading, dance and gymnastics. I accept that MKCA, its staff and coaches are not responsible for determining whether the athlete is fit to take part. I confirm that the athlete is physically fit and healthy and I will advise MKCA of any change. I declare that I consider the athlete capable of taking part.

In completing this sign up form I declare that I am aware of the element of risk involved and while I accept that the coaches will take precautions to prevent accidents, I understand that they will not be held responsible for accidental loss, damage or injury to the athlete unless negligence can be proved.

I consent and authorise MKCA and its staff and coaches to give the immediate necessary authority on my behalf for any medical treatment recommended by competent medical authorities in the case of emergency at any authorised event the athlete is participating in or attending. I further understand that every effort will be made to contact me.

I will not hold MKCA legally or financially responsible for any claims arising from consent and medical treatment for the athlete named.

I am aware that photographs and video footage may be taken during authorised events for coaching and promotional purposes. I give permission for the athlete to be photographed or video taped during any authorised event, and give permission for such photographs and video to be used for the promotion of MKCA activities and publicity, and the sports of cheerleading, dance and gymnastics. I waive the right to approve any photographs or videos and understand that there will not be any compensation for the use of these photographs or videos.

I hereby agree with the above, and have read and fully understand these conditions and by completing this sign up, I agree to accept them.

CODE OF CONDUCT

As a member of MKCA, you will be expected to follow the below rules and adhere to them at all times. This is to ensure we have a productive and committed athletes and teams.

I agree to the following conduct:

- I agree to commit to MKCA for the full season and that I will attend all competitions, events and training sessions set out by MKCA and I understand that no refunds will be given for missed sessions, competitions or uniforms
- I agree to attend training with a positive attitude and will listen to the coaches and instruction given in order to be the best athlete I can be
- I will wear the scheduled practice clothes to each practice, without excessive make up and nails cut to a reasonable length. Hair will be tied up and in plaits for all sessions. No jewellery will be allowed.
- I will arrive at all competitions on time with my uniform, hair and makeup completed



- I understand that no swearing, bullying or use of antisocial behaviour is accepted at MKCA nor is any negativity towards other athletes or any other team
- I agree that I will be respectful on social media and will not use MKCA team names as profile/usernames, I understand that misuse of social media directly affecting MY CLUB or any of its members will result in losing my place at MKCA
- I understand that coaches have the right to move athletes from teams should they feel it is necessary and that coaches always have the athlete's health and safety as a priority
- I agree to inform coaches a minimum of 4 weeks prior to planned holidays and absences by email to absence@mkca.co.uk
- I understand that missed practices especially within 3 weeks of a competition may result in the loss of my place on a team
- I agree to pay all fees for training, uniform and competitions by the dates given and that late payments will incur a fee and that no refunds will be given
- I will help with fundraising events that will benefit myself and the rest of the team
- I will respect the training facilities and equipment and will not misuse it in any way
- I will not bring 3rd parties to the gym without prior consent from MKCA Directors
- I understand that I nor any parent will be allowed to use the MKCA logo or name on their own merchandise without prior consent
- I understand that failure to adhere to the above rules may result in me being asked to leave MKCA

COMPETITIVE TEAM ATTENDANCE POLICY

Please be fully aware that cheerleading, dance and gymnastics are demanding sports and requires full attendance as one person missing will affect the whole team. If you are committing to being part of a MKCA competitive team you are expected to attend ALL competitions and practices.

EXCUSED

- Graded School event/exam
- Fever/vomiting/contagious illness
- Family death/funeral

NOT EXCUSED

- Homework/revision
- Parties, birthdays, meals etc



- menstrual cramps/tiredness
- Recreational sport event
- Holidays or any absence within 4 weeks of competition

We do not wish to scare anyone with our policies but simply need to advise how important it is that athletes attend every session if they wish to be on a competitive team.

By signing up you agree to all of the above terms and understand that failure to comply may result in the loss of your place on the team

SOCIAL MEDIA POLICY

This Agreement is to be read by parents/guardians and all MKCA athletes in order to ensure the obligations are understood before signing

MKCA understands the importance of and need for the responsible use of social media and their responsibility for helping to safeguard young people.

We ask all members, parents and people in positions of trust to read the MKCA Policy and ensure that they, their child or the young people in their association have understood the importance of the Policy and the expectations on them in relation to their use of social media.

I understand that:

- I am responsible for my behaviour when using social media and texts relating to a member, connected participant or employee of MKCA and the sports of cheerleading, dance and gymnastics, including anything reposted and my use of language;
- I understand that my use of the internet and social media sites through can be made available to the club and any external agencies involved with the regulation of internet usage;
- I will not post or give out any personal details, such as name, address, age and contact numbers, either of myself or any other person
- I will not arrange to meet anyone without the knowledge and consent of my parent/carer;
- I will not deliberately browse, download, access or post any material that could be offensive, threatening or illegal;
- I agree to report material, posts or contacts which I find upsetting or cause me concern;
- I will not take part in any craze/challenge or otherwise that may be deemed harmful, inappropriate or offensive



- I agree that I will not speak negatively about or to any other athlete, coach, team, parent or otherwise on any social media channel and I understand that by doing so I will be asked to leave MKCA
- I understand that if there is need for anyone to take action as a result of my use of social media in the sport my parent/carer may be contacted.
- I have read and understand the MKCA Social Media policy and understand that I may be subject to Disciplinary Action should I breach its usage guidance;

By signing up with MKCA I agree that I/we have read and discussed this policy agree to support the safe use of social media at MY CLUB

Athletes may have a personal page/identify which relates to their sport and consequently their identity will be known. They are reminded of the need not to provide additional personal details, whether of their own or another person, which could create a risk to themselves or another person.