



# SCHOOLS CHEER CLASSES SAFETY

At the Cheer London Allstarz Schools Cheer Classes



# SAFETY

At the Cheer London Allstarz Schools Cheer Classes

Our number one priority at our sessions is to keep your children safe within the sport and at our sessions

## Our promise to you



### Fully Qualified and Experienced Coaches

All of our coaches possess a complete BCQ Qualification in Cheer and Tumbling, along with 5 to 14 years of experience in the sport. We take great pride in the fact that all CLA Coaches have been with our program for several years, with some having been part of it for over 13 years! We are immensely proud of our coaching team and the expertise and knowledge they bring to the table. Lead Coaches are aged 18 and older, while assistants are 16 and up, with current lead Coaches ranging from 20 to 35 years and beyond.



### All Coaches are First Aid Trained

All of our Coaches are fully trained in First Aid and are proficient in handling various levels of first aid situations. Each Coach is equipped with their own First Aid Kit, ice packs, and an accident book. Additionally, the School will be notified of any incidents, and communication will also be made to parents.



### Safe Low beginners level Stunting

Stunting (lifting) plays a significant role in our sport, and the children absolutely love it! At our schools, we only teach and perform beginner-level stunts, unless part of an Elite team. Our primary focus is on establishing a solid foundation while prioritizing safety. While there is always some inherent risk in the sport, we ensure that the risk for our school teams is kept to an absolute minimum.



### Safety Mats for all Cheer Training sessions

Soft Gymnastics PE Safety mats will be utilized during every session; without them, our classes cannot occur. These mats are essential for creating a safe environment.



### Tumbling at Childs own current ability level only

Children will participate in activities and showcase skills that align with their current abilities. For those at more basic levels, adaptations will be provided to support their progression.



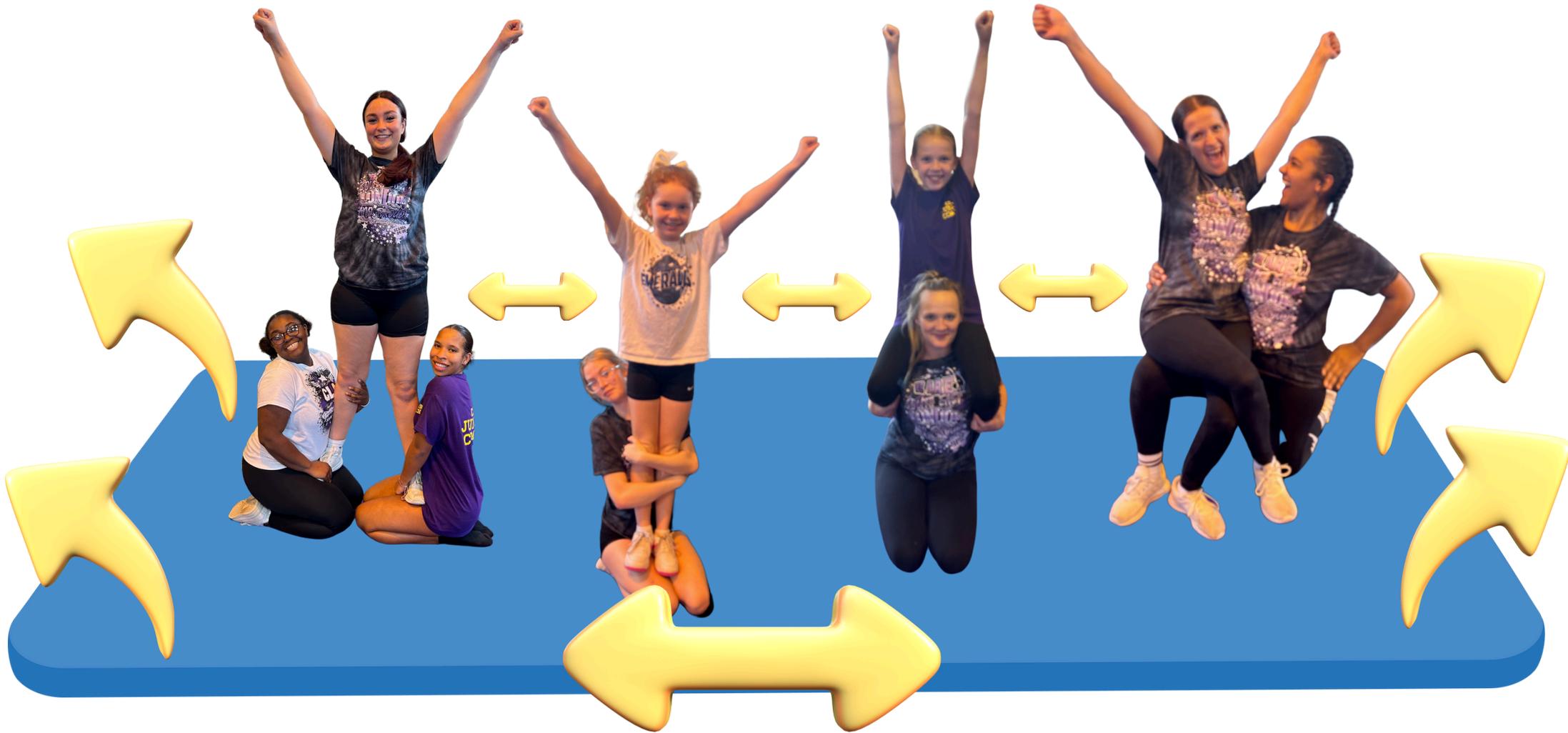
# SAFETY FLOORING



The used PE mats in our schools are routinely inspected, and additional mats are supplied as needed by the Cheer London Allstarz team. If you have any concerns about the safety of the flooring or mats, please reach out directly to our Health and Safety officer at [info@cheerlondonallstarz.com](mailto:info@cheerlondonallstarz.com).  
(FAO Sophie Bastock)



# SAFETY DISTANCE



**We ensure ample space is given to ensure a safe space around stunts if needed**



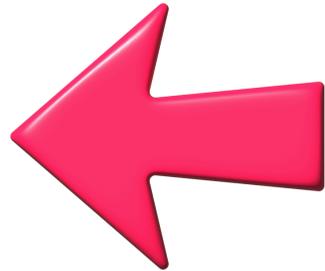
# LOW LEVEL SAFE STUNTING



**We teach Grips and safe stunting to all of our teams**  
**We teach how to “Mount safely” = Get into the stunt**  
**We teach how to “dismount safely” = Get out of the stunt**



# SAFE FLYING (TOP PERSON)



This role is referred to as the "flyer."

The flyer is the individual positioned at the top of a stunt.

To be selected for this position, they must exhibit and communicate the following qualities:

1. The ability to control their body and lock their legs tightly.
2. Confidence in being lifted safely.
3. A willingness to take on the flyer role (it's not for everyone, and that's perfectly fine! We have a place for everyone in cheer!).
4. While this role isn't necessarily filled by the "smallest" person, it requires a teammate who demonstrates the body control mentioned above.

The Team Coach makes the final selection for this position to ensure maximum safety.

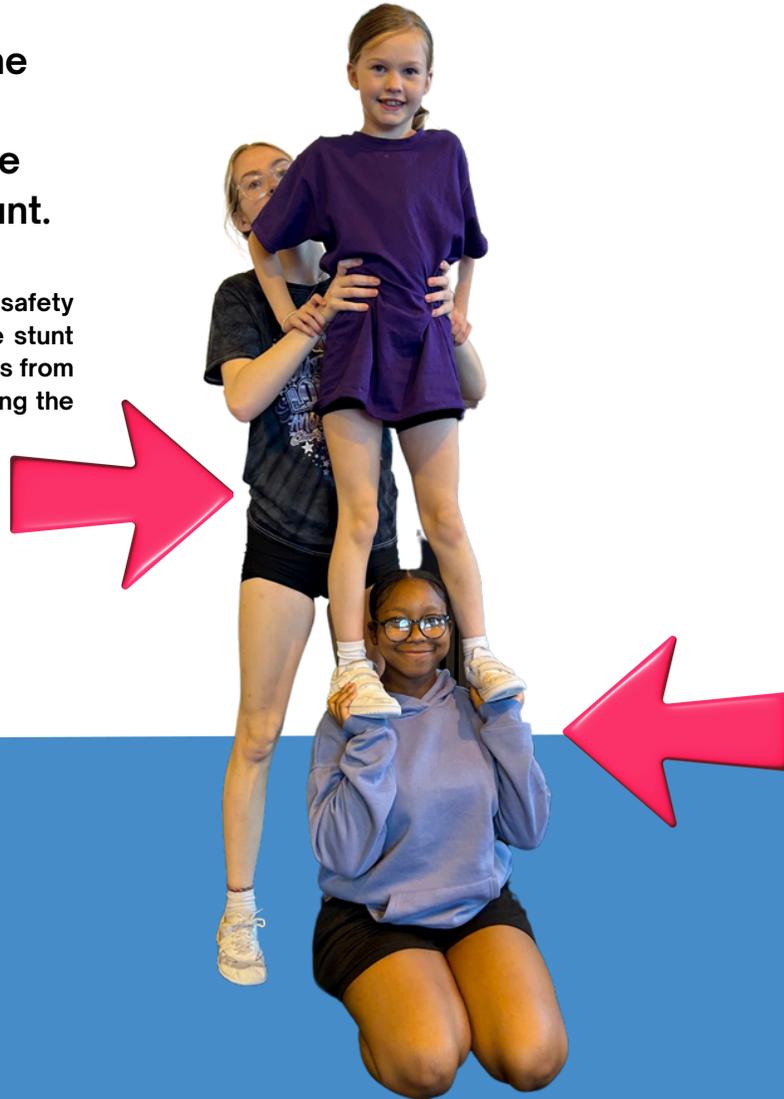


# SAFE BASING + BACKSPOTTING

This role is referred to as the “Back Spot.”

This individual serves as the “safety scaffolding” for a stunt.

They will be trained in proper grips and safety techniques for lifting and catching. Once the stunt is initiated, they will NEVER remove their hands from the flyer. Their focus is always on safeguarding the head, neck, and shoulders.



This role is referred to as the “Base.”

The Base is the individual recognized as the “Main Lifter.”

This person will learn safe lifting techniques that emphasize leg strength and proper form. They are the individual or individuals positioned at the bottom of the stunt, responsible for the lifting.



# SAFE FRONT BASE / ADDITIONAL SPOTTERS



**This role is referred to as the "Front Base/Spotter."**

**The individual in this position will learn how to provide safe support and act as the safety hands during stunts. They will assist with all aspects of stunting and ensure safety measures are upheld.**



# SAFE TUMBLING



**In our lessons, we emphasize that "Tumble lines will occur." This refers to the lines of tumbling that happen on the mat. Children of varying skill levels will be provided with different options to ensure inclusion and promote safe practices.**



# WOULD LIKE TO KNOW MORE?

We would love to hear from you to answer any questions you may have about the sport and our safe practice.



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