



CHEER CHECKLIST

Facility:		Date	
Completed by:			
Item / Issue	OK	Not OK	Comment / Action
The floor is kept clean, even, and free of trip hazards.			
The floor is a shock-absorbing, giving floor. Avoid cement and tile surfaces.			
The coach has a clear view of all participants.			
Use activity specific stretches, warm up and cool down exercises.			
Check all equipment.			
Encourage the use of a sweat suit or other clothing for "down time".			
Check for appropriate shoes.			
Avoid overcrowding.			
Teach proper fundamentals and mechanics such as how to fall, to lift and how to spot.			
Water is available.			

Other comments or concerns: _____

Received by: _____

Athletic Director

_____ Date