



CHEERSPORT
I R E L A N D

**STUNT & PHYSICAL CONTACT
SAFETY POLICY**

1. Introduction

Stunting and physical contact are inherent components of cheerleading. Cheer Sport Ireland (CSI) is committed to ensuring these activities are conducted safely, responsibly, and in line with best practice to minimise risk and protect all athletes.

2. Purpose

This policy provides clear safety standards for all stunting and physical-contact elements in CSI-affiliated clubs and events.

3. Scope

This policy applies to all coaches, athletes, volunteers, junior helpers, event personnel, and clubs within CSI.

4. Guiding Principles

- Safety is the primary concern in all stunt activities.
- All stunts must be taught progressively and appropriate for age and ability.
- Physical contact must be respectful, professional, and necessary for safety.
- Consent, communication, and athlete comfort must be prioritised.
- No stunt should be attempted without appropriate supervision.

5. Coach Qualifications & Responsibilities

- Only CSI-recognised and appropriately trained coaches may teach or supervise stunts.
- Coaches must ensure athletes are physically and mentally prepared for skills.
- Coaches must follow progression pathways and never rush skill development.
- Spotting techniques must be used for new or high-risk skills.
- Coaches must stop activity immediately if unsafe behaviour occurs.

6. Athlete Responsibilities

- Athletes must listen to instructions and follow safety rules.
- Athletes must not attempt skills beyond their training.
- Jewellery must be removed and hair secured appropriately.
- Athletes must report injuries, concerns, or fear immediately.
- Respectful physical contact and teamwork are expected at all times.

7. Stunt Progression Standards

- All skills must follow recognised progression pathways.
- Basic skills must be mastered before advancing to higher-level stunts.
- Advanced stunts must not be attempted without proper spotting.
- Progression decisions must consider age, ability, strength, and experience.

8. Physical Contact Expectations

- Physical contact must always be purposeful and related to coaching or safety.
- Coaches must explain the type of contact required before touching an athlete.
- Coaches must use professional and non-invasive contact methods.
- Any athlete discomfort must be respected immediately.
- One-on-one spotting without visibility is prohibited.

9. Spotting Requirements

- Spotters must be trained and physically capable.
- Spotters must be attentive and positioned appropriately.
- Spotters may not use phones or be distracted during stunts.
- High-risk elements require multiple spotters.
- Junior helpers (under 18) may not act as primary spotters.

10. Warm-Up & Conditioning

- Warm-ups must include cardio, mobility, and stunt-specific preparation.
- Strength and conditioning must be appropriate for age and ability.
- Stunts must only be attempted when athletes are fully warmed up.

11. Mat & Surface Requirements

- All stunts must be performed on appropriate cheer mats.
- Hard surfaces are strictly prohibited for stunting.
- Equipment must be checked regularly for damage or instability.

12. Group Stunt Safety

- Coordinated communication within the stunt group is essential.
- Falls must be controlled to protect the flyer and bases.
- Stunt groups must be appropriately sized and balanced.
- Athletes must not change roles without coach approval.

13. Pyramid Safety

- Pyramids require advanced supervision and planning.
- Only athletes with appropriate experience may participate.
- Top layers must be supported correctly and never left unstable.
- Platforms and transitions must be controlled and predictable.

14. Basket Tosses & High-Risk Elements

- Basket tosses may only be performed by trained Level 2+ teams.

- Two bases and one backspot are required at all times with the option of extra spotter/base.
- Proper grip, timing, and release techniques must be followed.
- High-risk elements must be practised with additional mats and spotters.

15. Injury Prevention & Response

- Coaches must recognise fatigue and stop stunting when athletes are tired.
- Any suspected concussion must follow CSI's Concussion Protocol.
- Injuries must be recorded using CSI incident forms.
- Athletes must receive medical clearance before returning to high-risk skills.

16. Partner Stunts & Co-Ed Safety

- Partner stunts require appropriate strength, training, and supervision.
- Both partners must demonstrate competence before performing lifts.
- All co-ed elements require clear verbal communication.
- No partner stunt should be attempted without coach permission.

17. Behaviour & Conduct During Stunts

- No horseplay, running, or distractions during stunting.
- Phones and recording devices must not be used during training unless approved by coaches for analysis.
- Respect and teamwork must be maintained at all times.

18. Event & Competition Stunt Safety

- Warm-up rooms must have appropriate staffing and matting.
- Competition floors must meet safety standards.
- Event staff must monitor compliance with stunt rules.
- Athletes may not attempt new or untrained skills at events.

19. Weather & Environmental Safety

- Outdoor stunting is prohibited except in controlled conditions.
- Wind, uneven surfaces, or wet floors make stunting unsafe.
- Temperature extremes must be considered.

20. Consent & Comfort

- Athletes must feel safe to express discomfort or refuse a stunt.
- No athlete should be pressured into any lift, throw, or contact.
- Coaches must encourage open communication.

21. Non-Compliance

- Unsafe stunt practices may result in immediate suspension of activity.

- Repeated breaches may lead to disciplinary action.
- Clubs that fail to enforce stunt safety may face CSI sanctions.

22. Review

This policy will be reviewed every two years or sooner if safety standards or regulations change.

23. Approval

This Stunt & Physical Contact Safety Policy was approved by the Board of Cheer Sport Ireland on:
11/07/2026

Signed:

FIONA COLLUMB, President/Chairperson

JOAN HEAPES, National Children's Officer