



One Sport. One Goal. CheerSafe.

## ADMINISTRATOR SAFETY INFORMATION

### What can you do to help keep cheerleading safe?

- **Share your vision**  
Meet with your coaches and athletes to share and continually reinforce your vision for the program and the role of the cheerleaders at your institution.
- **Support the program**  
Provide the cheer program with the necessary coaches' training, practice space, and equipment. Be their cheerleader and praise them for a job well done.
- **Recognize cheerleading as you would other sports and athletics**  
Provide quality coaching supervision. Involve the athletic training program. Limit practice and game time to an appropriate level. Demand adherence to the school or gym's mission statement. Do not tolerate bullying by athletes or coaches.
- **Stay educated**  
Understand the basic safety rules and restrictions placed on your team and require that they are enforced.

With over 3 million participants nationwide, further reduction in cheerleading injury rates will have a huge positive effect on female athletes.

Do your part – CheerSafe!



For the latest safety news and resources, visit [www.cheersafe.org](http://www.cheersafe.org)