



One Sport. One Goal. CheerSafe.

## ATHLETE SAFETY INFORMATION

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

- **Maintain good health practices**  
Get plenty of rest, eat healthy, and stay hydrated.
- **Prove yourself**  
Make sure you show proficiency at each skill level before you try something higher or more difficult. Do enough repetitions at each level that you are confident in your abilities.
- **No coach, no practice!**  
If your coach isn't around, don't practice cheerleading skills. You may try something you shouldn't, and a serious injury could occur without having a plan to get emergency medical care.
- **Trust your instincts**  
Speak up if you're scared about doing a skill. Let a parent or administrator know if safety rules aren't being followed. If a fellow cheerleader is hiding an injury, let your coach know.
- **Focus on your job**  
Use good technique at all times. Tops - Don't bail out halfway through a skill. Stay tight even in falls and cradles. Bases - Keep your attention on your top. Control any falls and allow the top person's feet to land safely on the ground. Spotters - Help keep the stunt in the air and always catch your top. She is your responsibility.

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)