



One Sport. One Goal. CheerSafe.

COACH SAFETY INFORMATION

What can you do to help keep cheerleading safe?

- **Have an emergency plan**
Work with your school nurse, athletic trainer, local EMT or team physician to plan and practice the steps to take in the event of an emergency.
- **Follow the safety rules**
Follow the rules proscribed for your level (school or all star) to minimize the risk of injury.
- **Require proficiency before progression**
Spend time at each new level of training and require that your athletes demonstrate proficiency before moving on to higher or more complex skills.
- **Learn and use risk management techniques**
Courses like the AACCA Risk Management Course teach valuable tools for minimizing risk to your athletes and lowering liability exposure to you and your institution.
- **Stay educated**
Complete coaches' courses and credentialing like those available through AACCA, USASF, NFHS, NCSSE and others. Attend coaches' conferences and be engaged during clinics for your athletes.
- **Lead by example**
Project a mentality that focuses on technique and execution over winning.

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