



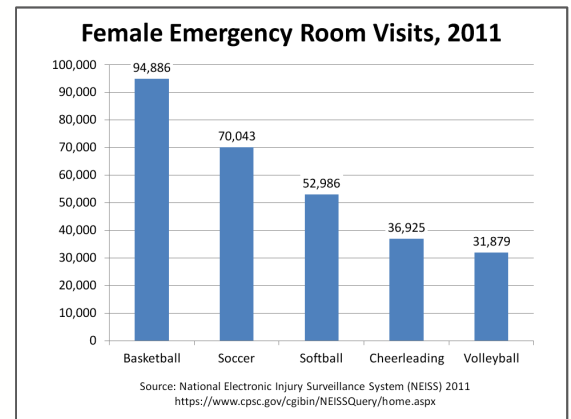
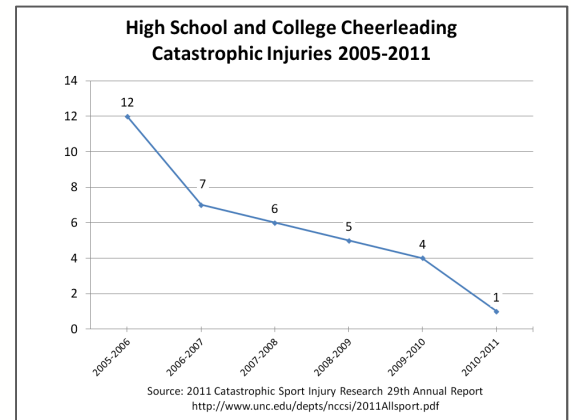
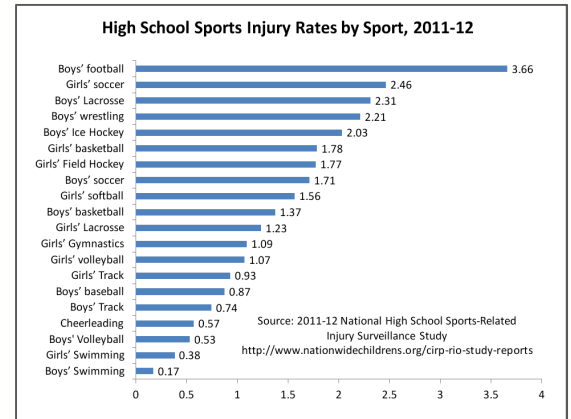
One Sport. One Goal. CheerSafe.

GENERAL SAFETY INFORMATION

- Out of 20 high school sports, cheerleading has the 17th **lowest** overall injury rate.
- There has been a sharp decline in cheerleading catastrophic injuries since 2005!
- Cheerleading is **lower** than several female sports in emergency room visits; lower than girls' basketball, soccer and softball.
- Cheerleading tied for the **lowest** rate of concussion compared to over 10 high school sports in two separate studies.
- Safety and credentialing programs are available from AACCA, US All Star Federation, National Federation of High Schools and the NCSSE.
- Cheerleading safety organizations are constantly focused on safety improvements. For example, when data showed that head injury rates were increasing for high school cheerleading the AACCA and NFHS removed double twisting dismounts, further reducing the risk of catastrophic injury.

Do your part – CheerSafe!

Further reduction in cheerleading injury rates will have a positive effect on the 3-million plus female cheerleading athletes.



For the latest safety news and resources, visit www.cheersafe.org