



One Sport. One Goal. CheerSafe.

MEDICAL PROFESSIONAL SAFETY INFORMATION

USA Cheer believes that “medical professional” includes athletic trainers, physical therapists and school nurses as well as family physicians, primary care sports medicine physicians, orthopaedic surgeons, and other traditional medical personnel.

What can you do to help keep cheerleading safe?

- **Recognize cheerleaders as athletes**
Cheerleading is as demanding as any other sport. Pre-participation Physical Exams should be as comprehensive as for any other athlete. Return to play recommendations following an injury should be similar to other sports.
- **Understand cheerleading skills**
Be familiar with basic cheerleading techniques and skills in order to better advise cheerleaders and their parents.
- **Be educated**
Take part in available clinics and courses like those offered by USA Cheer and ASMI. Stay up to date on current protocols like the Concussion Return to Play Recommendations for cheerleading found at aacca.org/concussions.
- **Be involved**
Be aware of what your institution’s cheer program entails and offer assistance with injury prevention and the development of emergency action plans.

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