



CHEER SAFETY FACT SHEET

GENERAL SAFETY INFORMATION

- Out of 20 high school sports, cheerleading has the 17th lowest overall injury rate. There has been a sharp decline in serious 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.

CHEER REGULATIONS

- Cheerleading is regulated on all levels to ensure it is practiced and performed safely in gyms, high schools and colleges throughout the country.
- The NCAA and college conferences requires that college cheerleading programs follow the American Association of Cheerleading Coaches and Administrators' rules at their events, which restrict what skills can be performed. The NCAA requires that cheer programs are under the direct supervision of someone who has completed a national cheerleading safety course.
- High school cheer programs are governed by their state associations, just like football, volleyball and other sports and follow the AACCA or NFHS rules.
- All Star cheerleading (non-school) is governed by the US All Star Federation, which has a coaches credentialing program and varying competition levels to provide a progressive safety environment.
- USA Cheer represents all forms of cheerleading in the United States and advocates for all cheerleaders to receive the tools they need to succeed, including proper equipment, trained instructors and medical resources.

TRAINING

- The members of [CheerSafe](https://cheersafe.org) have developed strong safety programs for cheerleaders of all levels and expanded safety training and certification for coaches. They have worked with the NCAA, National Federation of High Schools, and the US All Star Federation to mandate safety education and adherence to safety rules at the college, high school, and all-star (club) level.
- Combined, CheerSafe provides training to more than 4,500 coaches and instructors each year.
- There are currently more than 20,000 coaches across the United States who have completed the AACCA Risk Management course and are in good standing.
- Cheerleading instructor training has been cited by the National Federation of State High School Associates for its complete approach to athlete safety.

For more information, please visit cheersafe.org.