

2009

Cheering for Safety

Summer
Campaign

Brittany Noffke
Cheer Safety Ambassador

JUNE

NATIONAL SAFETY MONTH

Cheering for Safety Summer Campaign™ is a three month concentrated effort by the NCSF's Panel of Experts to reduce catastrophic injury and death in cheerleading. On going and time specific events will help put safety first for cheer programs all summer long.

Check back at nationalcheersafety.com throughout the summer for events educational materials and safety success stories.

- Heat Illness
Prevention

- AED

- Education

- Camp Safety

- Spotter
Safety



Laura Jackson
Cheer Safety Ambassador

JULY

NATIONAL CHEER COACHES APPRECIATION DAY

July 25, 2009

- Background Checks
- CPR, First Aid, & AED Certification
- Cheer Injury Reporting
- First Aid Kit Review



Krista Parks
Cheer Safety Ambassador
Program Director

AUGUST

NATIONAL CHEER SAFETY AWARENESS DAY

August 9, 2009



Ashley Burns

May 16, 1991 - August 9, 2005

- Heart Screenings
- Cheer Safety Ambassador Council
- Rehearse & Registration of Emergency Plan
- Cheer Safety Certification Stunt Progression Safety

Less than 1% of cheer programs rehearse an emergency plan.

Cheering for Your Life™
**NATIONAL
CHEER SAFETY
FOUNDATION**

National Cheer Safety Foundation's
Rehearsed Catastrophic Injury
Emergency Plan
For Competitive Cheerleading



Practice makes perfect.

Download your FREE
copies today.

- Proper Hydration
- Know Your Athletes Limits
- Pre-Sport Comprehensive Physical

Cheering for Your Life™
**NATIONAL
CHEER SAFETY
FOUNDATION**

Heat Stroke & Exhaustion
Prevention



Even one injury
is too many, if it can be prevented.

Physical Exam

Every cheerleader should have a physical examination with a health history. A history of previous heat illnesses and types of training activities before organized practices should be included. A Heat Screening including an EKG and Echo can give additional peace of mind. For more information on low or no cost Heat Screening, go to: www.nationalcheersafety.com

Hydration

The most important safeguard to the health of the cheerleader is the replacement of water. Water must be available to cheerleaders at all times in unlimited quantities. It is recommended that a minimum of ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Cheerleaders should rest in a shaded area. Fluid replacement should take place before, during and after cheer.

Acclimatization

Acclimation to heat is very important. Acclimation is the process of becoming adjusted to the heat. This should be done gradually and is essential in hot weather (over 87 degrees). It is suggested that a gradual physical conditioning program be used and that 80% acclimation should be expected after 7-10 days.

Physical Limits

Lack of physical fitness impairs the performance of a cheerleader participating in the heat. As the coach, you should know the physical condition of your cheerleaders and set practice schedules accordingly. Resist the urge to coach everyone the same. The cheerleader's fitness level must be considered.

NCSF National Guidelines for Cheer

- Classify as a Sport
- Mandatory Injury Reporting
- Required CPR, First Aid, and AED Certification
- EMT at all Competitions at all times
- Rehearse and Register Emergency Plan
- USAG Standard of Care
- National Standardized Parent Consent Form
- Extended Stunts (above six feet) to be Performed only on Weller Spring™ Floor
- Cheer Safety and Risk Management Certification

*This is dedicated to all the
athletes whose untimely deaths
taught us "when you know better,
you do better".*



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www.nationalcheersafety.com

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