

2009

# Cheering for Safety

Summer  
Campaign



*Cheering for your life*  
**NATIONAL  
CHEER SAFETY  
FOUNDATION**

Brittany Noffke  
Cheer Safety Ambassador

# The Cheer Safety Experts™



**Fred Mueller, Ph.D.**

Founder of the NCCSIR  
Safety Director for USA  
Baseball  
Professor, University North  
Carolina-Chapel Hill  
Research Director, NOCSAE



**Katie Walsh Ed. D., ATC, LAT**

Director of Athletic Training  
Education  
Associate Professor  
Department of Health  
Education, East Carolina  
University



**James W. Vititoe, Esq.**

On the Board of Governors  
for the American Trial Lawyers  
Association, Trial Lawyers for  
Public Justice  
Current member of the  
American Bar Association



**Kimberly Archie B.S.**

Certified Trainer, CPR First Aid,  
AED  
Editor, the Cheer Safety Group  
Founder, National Cheer Safety  
Foundation



**Erik Swartz, Ph.D.**

Associate Professor of Athletic  
Training, University of New  
Hampshire  
Writing Chair: NATA Position  
Statement on the Acute Care  
of the Cervical Spine Injured  
Athlete

**Experts continued:**

Elizabeth Appenzeller MS  
Kim Fagan MD  
Stephen Lombardi Esq

Robert Cantu MD  
Leah Goodwin MBA  
Linda Lundy MA

**Herb Appenzeller, Ed. D.**

Jefferson-Pilot Professor of  
Sport Management Emeritus,  
Guilford College  
Author of 19 books  
Coeditor, From the Gym To the  
Jury



**Michael Minix M.D.**

Physician  
Former University of Kentucky  
football player  
Founder, CAPPAA



**Cynthia Bir, Ph.D.**

Professor, Department of  
Biomedical Engineering  
Director of Research,  
Orthopedic Surgery at  
Wayne State University  
Lead Researcher, FSN Sports  
Science



**Krista Parks, B.S.  
Physical Therapist Assistant**

Catastrophic Cheer Injury  
Survivor  
CPR, First Aid, AED Certified  
Executive Director, National  
Cheer Safety Foundation



**Linda Lundy, M.A.**

Texas State Chairperson,  
American Aerobic Association  
Choreography, Jr. Japanese Team  
Judging Certified: USASF  
Legality, Cheer LTD, Cheer  
Power, UCA, COA, United Cheer,  
Cheer USA and Jam Brands



# 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](http://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](http://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".*



Address: 8001 Irvine Center Dr. Suite 400, Irvine, CA 92618

Phone: (800) 596-7860 Fax: (866) 571-7369

[www.nationalcheersafety.com](http://www.nationalcheersafety.com)

© 2009 National Cheer Safety Foundation.