



One Sport. One Goal. CheerSafe.

## PARENT SAFETY INFORMATION

### What can you do to help keep cheerleading safe?

- **Don't assume your coach knows everything**  
Educate yourself on safety rules and emergency procedures. Bring any issues to your coach first, and then go up the chain of command if necessary.
- **Ask for background checks**  
Coaches who work with young athletes should have completed and passed a background check and be able to produce the results.
- **Stay educated**  
Be aware of signs of injury, including concussions. An athlete is only with the coach for an hour or two, but you can observe the athlete all day. If you suspect an injury, take action.
- **Don't let your child overtrain**  
Overtraining includes too much time spent on one sport as well as participating in too many activities at one time. Give your child some time off without any organized sport activities.
- **Support the safety program**  
Reinforce the concepts of progressions and skill development. Teach your child that every position is important and to focus on his or her responsibilities.
- **Make the tough decisions**  
If the program your child is in creates an unreasonable risk of injury, it is ultimately your responsibility to find another opportunity or remove your child from the activity.

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](http://www.cheersafe.org)