

National Federation of State
High School Associations



AACCA Spirit Safety Certification

This Spirit Safety Certification course, brought to you by the NFHS and the American Association of Cheerleading Coaches and Administrators (AACCA), provides information and strategies to help you evaluate your current safety program, with the goal of minimizing the risks involved in this sport. The course presents how to teach the proper techniques of cheer and dance to minimize the risks associated with participation.



Course Objectives

- Understand the five medical responsibilities and how you should respond to each
- Follow safety principles based on environment
- How to choose proper safety equipment
- Define and understand importance of spotting
- Develop a good teaching program for spotting
- Determining a cheerleader's psychological readiness to perform
- Understand and teach proper nutrition
- Identify proper landing techniques

Units

- Safety Awareness and Legal Liability
- Medical Responsibilities
- Environmental Factors
- Spotting
- Performance Readiness
- Skill Progression

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at nfhslearn.com!