



Coach Education
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AACCA Spirit Safety Certification

Course Objectives:

- Understand the five medical responsibilities and how you should respond to each
- Follow safety principles based on environment
- Identify appropriate attire
- 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

Unit 1: Safety Awareness and Legal Liability

- Course Summary and Objectives
- Safety Awareness
- Quiz
- Legal Liability

Unit 2: Medical Responsibilities

- Objectives
- Emergency Plan

Unit 3: Environmental Factors

- Objectives
- Environment and Attire

Unit 4: Spotting

- Objectives
- Definition and Methods
- Quiz
- Choosing a Spotter

Unit 5: Performance Readiness

- Objectives
- Physical Preparation

Unit 6: Skill Progression

- Objectives
- Skills and Techniques
- Final Remarks

Resources: Assistant, Spotters and Volunteer- A Checklist; Informed Consent Considerations; Informed Consent Examples; Obligations Related to Negligence Litigation; Philosophy of Safety Awareness; Theories of Available Defenses; TITLE IX: Constitutional and Federal Law Foundations; Understanding and Assessing Legal Liability in Cheerleading, Athletic Injury Report Form; Catastrophic Injuries; First Aid Kit Checklist; Medical Responsibilities; Orthopedic and Other Specific Injuries; Pre-Participation Examination Form; Wound and Injury Precautions, Cheerleading Mats; Environmental Safety Factors; Levels of Participation; Minimum Recommendations for Competitive Environment; Participation Levels; Safety Equipment; Safety Guidelines for Game Situations; Safety Guidelines for Indoor Facilities; Safety Guidelines for Outdoor Facilities, Guidelines for Spotting in Partner Stunts and Pyramids; Safety Guidelines for Tumbling; Spotting and Cheerleading Safety; Spotting Guidelines for Cheerleading, Cheerleading Skill Progression; Guidelines for Assessing Body Awareness: Qualification Sheet- Partner Stunts, 2009-10 AACCA Cheerleading Safety Rules- College; 2009-10 AACCA Cheerleading Safety Rules-High School; College Spirit Program Safety Audit; NFHS Spirit Rules; Parents Guide to High School Cheerleader Safety; Sample Emergency Plan; Sample Emergency Plan Pictorial; USASF All Star Federation Level Rules