



Coach Education
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AACCA Spirit Safety Certification

This Spirit Safety Certification course was developed in partnership with the AACCA, a non-profit educational association which provides safety certification and training for coaches. The overall purpose of this course is to not "clear" you as a coach, but instead to inform you of your responsibilities as a coach. This course will provide you information and advice to help you assess and make changes to your current safety program with the goal to minimize the risks involved in this sport. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.

Unit 1: Safety Awareness and Legal Liability

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

Unit 2: Medical Responsibilities

- Objectives
- Emergency Plan
- Resources: 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

Unit 3: Environmental Factors

- Objectives
- Environment and Attire
- Resources: 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

Unit 4: Spotting

- Objectives
- Definition and Methods
- Choosing a Spotter
- Resources: Guidelines for Spotting in Partner Stunts and Pyramids; Safety Guidelines for Tumbling; Spotting and Cheerleading Safety; Spotting Guidelines for Cheerleading

Unit 5: Performance Readiness

- Objectives
- Physical Preparation
- Resources: Checklist for Physical Readiness; Eating Disorders; Nutritional Safety Table; Performer Readiness; Psychological Guidelines for Participants & Coaches; Weight Management

Unit 6: Skill Progression

- Objectives
- Skills and Techniques
- Final Remarks
- Resources: Cheerleading Skill Progression; Guidelines for Assessing Body Awareness: Qualification Sheet- Partner Stunts

Additional Resources: 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