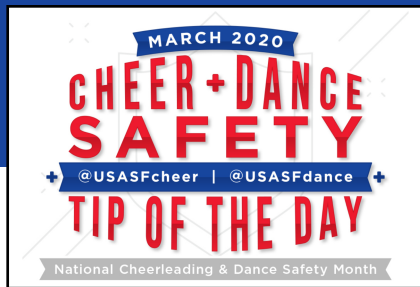


Visit www.d2l.org for more information about protecting your athletes from child sexual abuse.

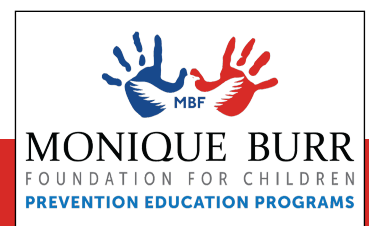
- Athlete safety is your number one priority - so how can you convey that message and empower them to come forward if they see something or feel uncomfortable? Check out these tips to get you started! <https://www.d2l.org/being-a-safe-adult>
- Athletes perform intense, challenging routines that the average person could never accomplish. Just like performing stunts, outside of sports we all have personal boundaries, too. So how do you model healthy boundaries as a coach? <https://www.d2l.org/modeling-healthy-boundaries>
- As a coach, you're a mix of mentor, parent, educator & motivator. Through all of this, how do you balance the requirements of excellent coaching while respecting boundaries? Step one, create a safe environment. <https://www.d2l.org/create-safer-environment/>
- Communication is key to coaching and teamwork. It's important to communicate that athlete safety is the main priority. Here are some tips to up your communication game: <https://www.d2l.org/coaching-communication/>
- When you commit to creating a safe, protective environment for your athletes, you create a place where they can grow and excel. So how do you take it to the next level? Here are some tips! : <https://www.d2l.org/coaching-next-level/>

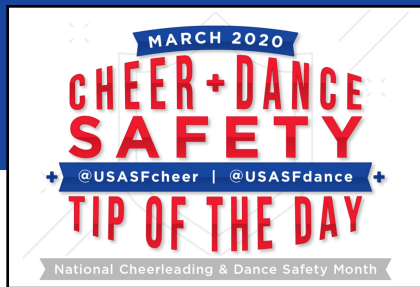




Visit
www.mbfpreventioneducation.org for
more info about protecting your
athletes from all forms of abuse.

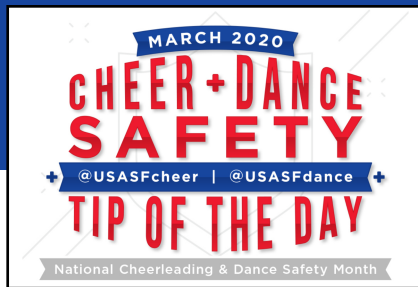
- 1 in 4 children will experience some type of trauma or victimization before the age of 16. It's important that coaches, parents and other adults understand and address these issues with prevention education. Learn more about how to keep athletes safe: <http://bit.ly/37rsjhu>
- Adults must understand the dangers regarding bullying, digital abuse and exploitation to be better equipped to discuss these issues with youth. Visit our website for resources to help you talk to youth athletes about the issues they face: <http://bit.ly/37rsjhu>
- 95% of sexual abuse is preventable through education. Our programs can help you take steps to protect youth athletes from abuse, bullying & other types of victimization. Learn more about MBF Athlete Safety Matters® & why you should use it in your program: <http://bit.ly/37wJNsJ>
- Every child needs adults in their life they can talk to if they've been hurt or are concerned about their safety. Safe Adults are committed to keeping kids safe and know how to help if a child discloses they've been hurt. Learn how you can be a Safe Adult: <http://bit.ly/Safeadult>
- MBF's 5 Safety Rules help youth identify and respond to bullying, abuse, digital dangers, exploitation, trafficking, and other types of victimization. Learn how you can use MBF's 5 Safety Rules to better protect your athletes: <http://bit.ly/2HqP8aI>





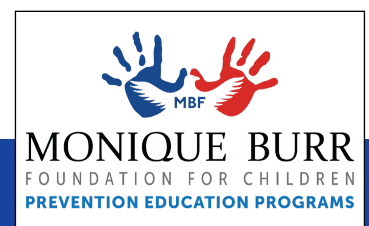
Learn more about the Athletic Performance standards by visiting www.USASF.net and page 16 of the USASF Cheer Rules.

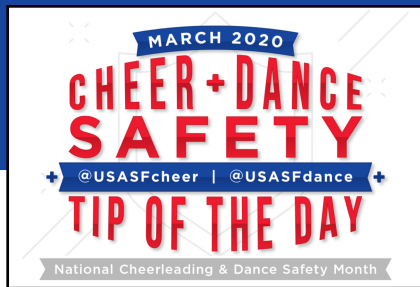
- Review and apply the Athletic Performance Standards during all practices and public appearances. Consider tanks or t-shirts as practice wear. Use team logo or program name on cover ups to help easily id athletes while at events.
- Keep your choreography appropriate- understand choreography is more than just an individual move- it is the whole presentation. Hire a choreographer who is familiar with the Athletic Performance Standards. Don't include hip thrusting and/or inappropriate touching
- Familiar with the Athletic Performance Standards? View the APS Informational video and complete the APS Submission form to ensure your team is in compliance in time for Worlds! https://usasf.formstack.com/forms/aps_review
- Make sure ALL adults who have contact with your All Star athletes follow the Pro-Active Minor Abuse Prevention Policies- found here---><http://usasf.net/safesport/about/>
- Make sure the message you send or the picture you post amplifies the positive aspects of All Star. Highlight your athleticism & spread the positivity of All Star! https://usasfmain.s3.amazonaws.com/Athlete/docs/USASF_A1_Tips-Parents.pdf



Find the Professional Responsibility Code (PRC) in your 2019-2020 Member Box or virtually at <https://joom.ag/WFra>

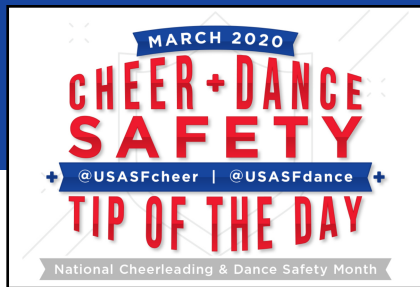
- Help stop bullying on the SPOT! Visit the USASF Professional Responsibility Code to find more info about bullying & steps to take are if you think bullying is going on. <https://joom.ag/WFra>
- Support kids who are being bullied. Support bystanders of bullying. Have a safe place to report issues. Download the SafeSport handbook, Preventing Bullying: What Great Coaches Need to Know for more info. <https://tinyurl.com/UCSSCoaches>
- Safe Electronic Communication- Set up clear lines of communication. Content should ONLY be about team related activities. Establish a general time that communication with athletes will occur. Visit US Center for SafeSport for more information. <https://uscenterforsafesport.org>
- Social Media Tips- Post photos with friends instead of selfies to minimize others capturing your photo for exploitation. Use your social platform to be an ambassador of the sport. Use the hashtags like #ThisIsAllStar #workinghard #cheerathlete #practicemakesperfect
- All Star Qualified Coaches have proficiency in working with youth athletes, in-depth knowledge of rules, and always consider safety within the sport. Make sure you're a Qualified Coach & learn more here---><https://joom.ag/WFra>





These tips are brought to you by your Connection Leaders. Not in The Connection yet? Search for USASF Connection in the App Store or Google Play today!

- Safety begins with you! Don't wait until it's too late to prepare for the "What If's"! Take advantage of the suggested Emergency Action plans put together by your Connection Leaders.
- Test smoke alarms once at least once a month by pushing the test button. Smoke alarms need to be replaced when they are 10 years old, or if they do not sound when tested. https://www.usfa.fema.gov/prevention/outreach/smoke_alarms.html
- Check your spring floors at least once a month. Visually check the perimeters to make sure the carpet is in the proper place and mats around the edges are intact. Immediately fix areas of concern to prevent injuries.
- Social Media Tips- Post photos with friends instead of selfies to minimize others capturing your photo for exploitation. Use your social platform to be an ambassador of the sport. Use the hashtags like #ThisIsAllStar #workinghard #cheerathlete #practicemakesperfect
- Although fire extinguishers are often the best method in protecting your business from fire damage, many of us forget to check its status. For the safety of your athletes and business, please check your fire extinguisher(s).



These tips are brought to you by your Connection Leaders. Not in The Connection yet? Search for USASF Connection in the App Store or Google Play today!

- Some youth athletes don't recognize concussion signs/don't want to have to sit out because of them. Remind them it's better to miss one performance than the whole season. Go to www.clearedgetest.com to learn about concussion testing from our partner in athlete safety, Clear Edge.
- Know the signs of Athlete Burnout. The National Association for Athletic Trainers has excellent tips on how to identify signs & prevent & navigate burnout in athletes. Check it out here <https://www.nata.org/blog/beth-sitzler/burnout-athletes>
- Make sure your coaches are trained in CPR, First Aid and AED. Check your local communities for in-service training opportunities and make sure your staff is prepared.
- One of the first and most important tools in a safe environment is your first aid kit. The kit needs to be kept in a common place that everyone has quick access to use. All your coaches should be first aid certified so they know what to do in each case!
- Create awareness-of safety where you work! Encourage others to know how they're being kept safe- all bolts on machines tight, floor has no cracks, first aid kit accessible and filled, trash has been picked up. These are just a few!

