

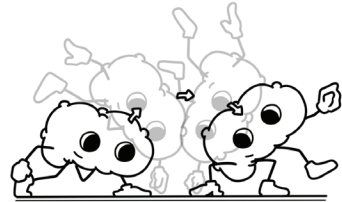
Cheerleading: Play Safe

Most concussions during cheer happen during practice.
91% of concussions in cheer are associated with stunts.

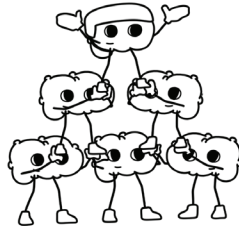


Have proper assistance and supervision. **No coach. No practice**

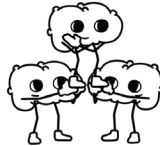
Wear proper equipment including rubber-soled shoes with good cushioning



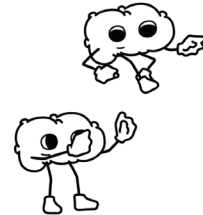
Practice and compete on approved surface that absorbs impact.
NEVER ON A HARD SURFACE



Follow all tumbling, pyramid and stunt regulations based on age and skill level



Flyer keeps head in line with body, shoulders over knees, in tight position



Spotter and base should be aware of flyer, and spotter should stay behind flyer



Tell your parents and coaches if you think you've had a concussion.
Play Safe, Play More!

Cheerleading: Return to Activity

STAGE

1

SHORT PHASE OF PHYSICAL & COGNITIVE REST. NO CONTACT. NO JUMPS.

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

LIGHT EXERCISE. LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT.

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.

STAGE

3

INDIVIDUAL SPORT SPECIFIC ACTIVITY. MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. JUMPS.

- Running, dynamic stretching, static balance exercises. Basic dance motions/choreography.
- Sideline cheers/chants with low volume, arm motions and basic positional changes without head movements.

STAGE

4

SPORT SPECIFIC PRACTICE WITH TEAM. MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY.

- Ease back to practice. Practice drills with ONE TEAMMATE.
- Progress agility and conditioning skills - begin strength training (i.e., crunches, plank, lunges).
- Progress to sideline cheers/chants and moderate dance activity with increased head and body movement (i.e., toe touches, herkies, double hooks, dynamic balance exercises).

STAGE

5

SPORT SPECIFIC PRACTICE WITH TEAM. VIGOROUS ACTIVITY. CONTACT.

- Progress to drills and routines with FULL TEAM.
- Return to tumbling - begin with light and basic tumbling (i.e., cartwheels, walk overs) with hand spotter and progress to tumbling passes, maximum 2 rotations with minimum of 2 minutes between passes and 60 minutes maximum, progressing level of difficulty of tumbling.
- Start with basic stunting skills to full stunts (i.e., double legged, feet on ground, thigh and chest level stunts with added spotter, simple dismounts for base and flyer; progress to cradle catch and extension level with spotter).
- When learning new skills, practice basics and drills before combining in a group. Ensure spotters are always present. All members wear helmets until skills and confidence achieved (i.e., pyramid structures).
- Review and practice safe falling.
- Progress to full competition practice once elements are mastered.

STAGE

6

RETURN TO FULL SPORT. COMPETITION. CONTACT.