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MUNICIPALITY OF PELL CITY MANDATES SPORTS SAFETY EDUCATION FOR COACHES

Pell City, AL – March 30, 2012 –In February 2012 the Municipality of Pell City mandated all persons coaching within the City’s youth sports leagues to complete PREPARE, a sports safety education course, prior to their first day of practice. In as little as three hours, coaches will now have the opportunity to learn valuable information about sports safety and how to significantly reduce liability were athletic injuries are concerned.

Developed by the National Center for Sports Safety (NCSS) and a team of medical experts in 2004, PREPARE educates coaches, assistants and volunteers on how to prevent common injuries, how to recognize symptoms of potentially dangerous conditions and how to respond in emergency situations. PREPARE can be completed in a hands-on setting instructed by a certified athletic trainer, or taken online via the NCSS website. Upon completion of the course, each participant will receive a Certificate of Completion and his/her name will be added to the NCSS’ National Registry of Coaches.

A partnership with Alabama Department of Education will allow parks and recreational coaches to complete PREPARE at no cost. A hands-on PREPARE class will be offered in February and July of this year, and those who miss the class will be required to complete the course online.

Kathryn Gwaltney, NCSS Executive Director, added, “We applaud Pell City for taking the initiative to mandate the free PREPARE course in to encourage a safe playing environment for youth athletes. We hope many other communities in Alabama will take Pell City’s lead and consider sports safety education for all coaches.”

For more information about NCSS and/or the PREPARE course please visit www.SportsSafety.org or call 866.508.NCSS (6277).

About NCSS

Dr. Lawrence Lemak founded the National Center for Sports Safety in 2001 to promote the importance of injury prevention and safety on all levels of youth sports through education and research. The NCSS focuses on decreasing the number and intensity of injuries through developing and teaching sports-safety courses. NCSS also collects, analyzes and researches injury data to improve safety practices.

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