

NATIONAL CENTER FOR SPORTS SAFETY

PREPARE® Sports Safety Course (online and in-person)

Who should PREPARE?

- Coaches, Volunteers, Assistants, Parents, Sports Coordinators, Officials, Staff Administrators, Athletes, Troop Leaders, Park & Rec., Etc.
- All others responsible for the care of athletes and the youth sports community

Completing PREPARE will help you:

- A. Gain the confidence to responsibly respond to emergency situations
- B. Significantly reduce liability where athletic injuries are concerned
- C. Learn valuable information about sports safety and how to reduce risks
- D. Gain knowledge that can be beneficial on and off the playing field

What does PREPARE cover?

Level 1 & 2 Modules

1. Preparing for the Unexpected
2. Environmental Concerns & Hydration
3. Emergency Recognition
4. Medical Considerations & Pre-Existing Conditions
5. Principles of First Aid
6. Head, Neck & Facial Injuries
7. Injury Prevention, Overuse Injuries & Overtraining

Level 2 Module

8. Injury Terminology, Nutrition & Other-Health-Related Concerns and Considerations

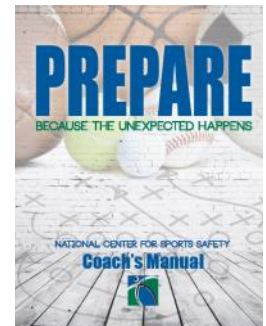
Why should you PREPARE?

- For the safety of our youth athletes!



About the PREPARE Sports Safety Course

The PREPARE course educates users on sports safety, illness and injury prevention. It educates how to recognize symptoms of potentially dangerous conditions and how to respond in emergency situations. It includes and goes far beyond concussion education. Upon successful completion of the course, the user receives a safety certificate.



- **PREPARE provides users with real-world skills for when injuries occur!**
- **50% of youth sports related injuries are preventable!**

NCSS celebrates **14** years of youth sports safety initiatives!

Are you PREPARED?

- ★ A proven course released in 2004, it is reviewed and updated regularly by an expert board of delegates
- ★ Must-have course for all coaches, park and rec. staff, volunteer coaches, parents, athletes and other youth sports community members in any sport at any age
- ★ Educated more than 20,000 coaches nationwide—and the number grows every day!
- ★ Recognized and implemented by many national governing bodies including Pop Warner Football
- ★ Used by the Alabama, Georgia and Florida High School Athletic Assocs., and the Mississippi High School Activities Assoc.

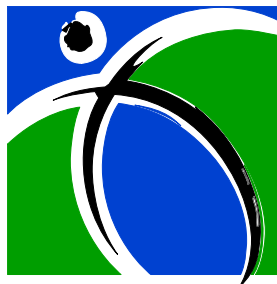


About The National Center for Sports Safety (NCSS)

NCSS is a 501(c)(3) nonprofit that was founded in 2001 by renowned orthopedic surgeon, Dr. Lawrence J. Lemak. **Dr. Lemak is the current medical director for Major League Soccer.** NCSS is celebrating 14 years of youth sports safety initiatives!

The mission of NCSS is to promote the importance of injury and illness prevention and safety at all levels of youth sports and the youth sports community through education and research. To do this, NCSS has courses, programs and tools.

As a 501(c)(3) nonprofit, your partnership and donation will help keep NCSS's mission and programs moving forward.



The National Center for Sports Safety
PREPARE®
FOR THE UNEXPECTED

www.SportsSafety.org

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