

Your City's Proactive Response to Youth Sports Safety

Partnering Municipality Notes this Program May Help Reduce General Liabilities!

About the R.E.A.C.H. Program

The National Center for Sports Safety's R.E.A.C.H. Program helps your municipality create a safer playing environment for your entire community. It provides you with the most innovative, educational sports safety programs package. The cost is **obtainable for any size city.**

- With sports safety as a national discussion, more and more lawsuits have been filed related to youth sports injuries.
- Data shows there is one child every 25 seconds reported to an ER with a sports-related injury and 50% of these injuries are preventable!
- The community often assumes that because their high school sports programs have well-defined safety measures that their city-run and parent-run leagues must too.

Unfortunately, sports safety at the municipality level throughout the U.S. is drastically lacking.

Let NCSS help your community take a proactive approach to sports safety before an incident occurs.

About NCSS

NCSS is a 501(c)(3) nonprofit founded in 2001 by renowned orthopaedic surgeon, Dr. Lawrence J. Lemak. **Dr. Lemak is the current medical director for Major League Soccer.**

The mission 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. **NCSS is celebrating 14 years of youth sports safety initiatives!**

R.E.A.C.H. Program Includes: (Details on back)

1. PREPARE Sports Safety Training Course for All Coaches
2. First Responder (EMS) Helmet & Equipment Removal Training Course
3. Certified Athletic Trainer Review of All Sports Facilities
4. Emergency Action Plan for Each Sports Facility
5. Creation of Policies & Procedures Manual
6. Medical-Grade Emergency First Aid Kits for All Sports Facilities
7. Community Sports Safety Awareness



www.SportsSafety.org

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Program Descriptions

REACHING...**Coaches** REACHING...**Parents** REACHING...**Athletes**
REACHING...**Park and Rec Staff** REACHING...**EMS Personnel**

REACHING...The Youth Sports Community

PREPARE Sports Safety

Training Course:

PREPARE is a sports safety course aimed at educating coaches and volunteers on how to prevent common injuries and illnesses, how to recognize symptoms of potentially dangerous conditions, and how to respond in emergency situations. It includes and goes far beyond concussion education. **Every city coach receives PREPARE Sports Safety education.**

First Responder Equipment

Removal Emergency

Training Course:

This course is designed for emergency medical personnel (EMS). It provides education and information specific to caring for sports related injuries and emergencies with helmets and equipment.

Certified Athletic Trainer

Review of Sports Facilities:

For many cities it has been years or perhaps never since a medical personnel reviewed the city-owned sports complexes to look at the safety measures in place and playing facilities. To bridge this gap, a certified athletic trainer will walk all sports facilities to complete a review.

Customizable Sports Safety

Policies and Procedures

Manuel

This tool allows the parks and recreation administrator or others responsible for creating policy to easily create a comprehensive manual to implement. The more than 30 policies and procedures are prewritten and can be edited and customized for your city. This tool takes the guess work out of having to start from scratch or to expend resources to create your own.

Sports Safety Emergency

Action Planning:

This tool builds a customized emergency action plan localized to each sports complex. It creates a standardized plan and communicates with the community a standardization of situational responsibilities in an athletic emergency situation. EAPs need to be updated often!

Medical-Grade Emergency

First Aid Kits:

Medical-grade first aid kits will be provided to each sports complex. Properly equipped first aid kits provide one more layer of safety designed to help build upon a safer playing environment.

Community Sports Safety

Awareness:

Public relation announcements will be provided to the city for city's social media, newsletter, etc. Additionally, there is a 16 minute video for parents and their athletes to watch. The video gives information about heat illness, concussions, staph infections, pre-participation physicals, and cardiac and genetic disorders.

How to Fund R.E.A.C.H.:

For a city with roughly 200 coaches, the cost for everything outlined above is less than \$6,000--on average that is less than \$2 per athlete. A city can fund the program in a number of different approaches:

- City budget
- Increase athletic fees by a few dollars and communicate with community the cost is for safety programing--*No parent will object*
- City seeks grant
- Private entity within the city funds programing and NCSS will work with private entity to give them proper acknowledgment in the city