



The Safe Stars Initiative for Parents and Families



Vanderbilt Sports Medicine

VANDERBILT  UNIVERSITY
MEDICAL CENTER



What is the Safe Stars initiative?

Safe Stars is a collaboration between the Tennessee Department of Health and The Program for Injury Prevention in Youth Sports at Monroe Carell Jr. Children's Hospital at Vanderbilt.

Sports leagues should be encouraged to achieve the highest possible safety standards for their young athletes. The Safe Stars initiative was developed to recognize youth sports leagues that increase their safety standards to ensure your child is in safe hands while at practices and games. Safe Stars is a **FREE** and **VOLUNTARY** initiative in which all youth sports leagues can participate.

The problem with youth sports injuries

Getting your child involved in sports is extremely beneficial for both physical and mental growth; however, young athletes can be at risk for a wide range of injuries, including:

- Anaphylactic shock
- Broken bones
- Concussion
- Heat exhaustion
- Inclement weather injuries
- Sudden cardiac arrest
- Violence

Some injuries that occur on the field can be as minor as cuts and bruises, but others can be life threatening. To reduce the amount and impact of sports injuries for your child, make sure your league prioritizes safety with the Safe Stars standards.

Want your child's sports league to be a Safe Stars league?

For more information, visit our website at www.tn.gov/health/article/the-safe-stars-initiative, email SafeStars.Health@tn.gov, or call 615.741.7353.

Safe Stars standards

To reach the initial level of recognition, the **Bronze Star** standard, a league must meet the following requirements:

- AED on site for all practices and games
- All coaches trained in concussion and sudden cardiac arrest recognition/management
- Anaphylaxis and allergy emergency plan
- Background checks completed on all coaches
- Emergency action plan
- Minimum of two coaches CPR/AED certified
- Severe weather policy

Standards for **Silver Star** (choose 2) and **Gold Star** (choose 4) include:

- All athletic equipment undergoes safety checks
- All coaches complete additional health, safety and injury prevention training
- All coaches CPR/AED certified
- Implement tobacco policy "Young Lungs at Play"
- Medical professional (athletic trainer, first responder, etc.) on site for all games
- Medical professional (athletic trainer, first responder, etc.) on site for all practices
- Pre-participation physical examination required for athletes
- Promote positive culture and standard of expectations concerning behavior
- Provide risk and safety information/policies to parents/guardians