The 2017-18 Alabama Legislative session enacted HB9, called the Coach Safely Act. The law reaches beyond the High School athlete and brings coaching standards to all the 14 and under aged athletes in Alabama. Volunteer community coaches will now be required to take a two hour video series of injury prevention courses. Courses are delivered online at no-cost. Every state municipality that sports association in Alabama will be affected by the Coach Safely Act as a matter of risk management. A 501-c-3 foundation has been formed specifically to support all 400 plus state municipalities. The Foundation has been named the Coach Safely Foundation and is supported by Children’s of Alabama, Encore Rehabilitation, ThreatAdvice as well as public and private grants.

Developed by:
The course was developed by the Andrews Research and Education Foundation, led by renown sports medicine pioneer and surgeon Dr. James R. Andrews.

Implemented by:
Every state municipality that sports association in Alabama will be affected by the Coach Safely Act as a matter of risk management. A 501-c-3 foundation has been formed specifically to support all 400 plus state municipalities. The Foundation has been named the Coach Safely Foundation and is supported by Children’s of Alabama, Encore Rehabilitation, ThreatAdvice as well as public and private grants.

Lead by:
The Chief Executive Officer of the Coach Safely Foundation is Dr. Kanti Sunkavalli, MD who is experienced in telehealth education. The Director of Sports Medicine at Children’s of Alabama, Drew Ferguson, is the President of the Coach Safely Foundation and will coordinate the role of certified athletic trainers from Encore Rehabilitation as the community engagement personnel for the Coach Safely course that will be delivered by ThreatAdvice learning management technology. The Coach Safely course will be piloted this fall.

Advocated by:
The Coach Safely Act was advocated by state coaches from Coach Nick Saban at the University of Alabama and Coach Willie Slater at Tuskegee University to Coach Stacy Luker at Clarke County High School and Coach Jackie O’Neal at Reeltown High School.

The law requires that the course cover prevention and injury recognition of:
- Concussions
- Heat and Exertion Illnesses
- Trauma and Overuse
- Sudden Cardiac Arrest
- Emergency Action Plan
1.35 Million
Number of children seen in emergency departments with sports-related injuries in 2012

Common Injuries
- Head 14%
- Face 7%
- Finger 12%
- Knee 9%
- Ankle 15%

Girls are eight times more likely to have an ACL injury than boys.

Almost half of youth sports-related concussions occur in children ages 12 to 15 years old. Younger children take longer to recover from concussions than older children.

Common Diagnoses
Most common diagnoses seen in emergency departments for sports-related injuries
- Strains and sprains: 451,480
- Fractures: 249,500
- Contusions and abrasions: 210,640
- Concussions: 163,670

Almost every 3 minutes, a child is seen in an ED for a sports-related concussion.

Injuries by Sport
For athletes ages 12 to 17 years, 2011

<table>
<thead>
<tr>
<th>Sport</th>
<th>Number of players</th>
<th>Number of injuries</th>
<th>% of injuries that are concussions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>6,268,000</td>
<td>249,650</td>
<td>7%</td>
</tr>
<tr>
<td>Soccer</td>
<td>3,780,000</td>
<td>104,190</td>
<td>13%</td>
</tr>
<tr>
<td>Football</td>
<td>3,246,000</td>
<td>275,050</td>
<td>13%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>3,246,000</td>
<td>31,460</td>
<td>6%</td>
</tr>
<tr>
<td>Baseball</td>
<td>2,620,000</td>
<td>61,510</td>
<td>11%</td>
</tr>
<tr>
<td>Softball</td>
<td>2,163,000</td>
<td>39,070</td>
<td>11%</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>1,176,000</td>
<td>28,890</td>
<td>12%</td>
</tr>
<tr>
<td>Wrestling</td>
<td>657,000</td>
<td>33,790</td>
<td>14%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>480,000</td>
<td>9,540</td>
<td>31%</td>
</tr>
</tbody>
</table>

To learn more about youth sports safety, visit www.safekids.org