

The National Youth Sports Health & Safety Institute would like to help you become the healthiest youth sports organization and set your programs apart from the competition.



As a youth sports organization committed to safe and healthy youth athlete development and participation, we commit to implementing the NYSHSI Best Practices Partner checklist to strengthen the overall health and safety of our organization and environment for our players and fans. The Best Practices Partner program is easy to implement and is accessible on www.NYSHSI.org. Complete and submit the online form to receive your Best Practices Partner Certificate.



Provide annual education to all coaches (combination of face to face, timely and up-to-date handouts and other materials, and/or recognized internet-based education).



Develop, implement and rehearse an emergency action plan (EAP).



Check out the National Physical Activity Plan SPORT Sector at www.physicalactivityplan.org/theplan/sport.html with its eight strategies and tactics. Consider implementing any of the strategies to help continue using sports as a vehicle to increase youth physical activity and to promote long term health. For a quick go-to-option, review SPORT Sector 5!



We commit to direct members of our organization to the NYSHSI Youth Sports e-Toolkit on www.NYSHSI.org for easy access to useful information for kids, parents, coaches, and administrators.



Have your coaches read and distribute the NYSHSI [Parent Pledge](#) and [Athlete Pledge](#) to all parents and players. Both pledges are accessible from the NYSHSI Youth Sports e-Toolkit on www.NYSHSI.org.



We commit to establishing participation pricing models and sport season timelines that encourage and allow all kids and families the opportunity for multi-sport participation. (National Physical Activity Plan SPORT Sector Strategy 4.3)



We commit to encouraging our athletes to engage in creative free play when they are away from organized sport sessions. Be a KID!



We commit to encouraging our coaches and parents/guardians to follow the NYSHSI on Facebook and/or Twitter at [@YouthSportInst](https://twitter.com/YouthSportInst) for informational posts on youth sports, health, fitness, injury prevention, and safety throughout the year!



If you are interested in abuse awareness and prevention training, please visit our partners, U.S. Center for SafeSport, at www.uscenterforsafesport.org. (National Physical Activity Plan SPORT Sector Strategy 7.5)



We are committed to creating an inclusive environment where all individuals feel valued and respected.

YES, I commit to making our organization's youth sports experience Healthy, Safe and Enjoyable!

Name _____ Title _____

Organization _____ Signature _____



National Youth Sports Health & Safety Institute

AMERICAN COLLEGE OF SPORTS MEDICINE

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The National Youth Sports Health & Safety Institute will be the recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports.

www.nyshsi.org

Making Youth Sports a Public Health SOLUTIONSM

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