

Athletes Saving Athletes™

Empowering student athletes with life-saving knowledge



“Athletes Saving Athletes™” is a first-of-its-kind program designed to help improve the safety of high school sports.

What is Athletes Saving Athletes™?

ASA is a unique, peer-to-peer education program designed to empower student athletes with the knowledge to help them recognize signs and symptoms of life-threatening injuries and conditions. The goal of ASA is to reduce the risk and incidence of injury and death for student athletes using the power of **knowledge** and **kids talking to kids**.

Why is the ASA Program Needed?

The CDC reports that high school athletes suffer 2 million injuries, 500,000 doctor visits, and 30,000 hospitalizations each year. We know at least 50 athletes lost their lives in 2011. Most of the sports-related deaths are preventable. While some schools staff a certified athletic trainer, these personnel cannot be present at all the practices and competitions of every school sport. The ASA program provides student athletes basic knowledge and skills that could help save a life.

How Does ASA Work?

Using certified healthcare professionals, the ASA program teaches student athletes how to recognize the signs and symptoms of head and neck injuries, heat illness, sudden cardiac arrest, diabetes, and asthma. In addition, the program curriculum teaches the athletes what a first response to an emergency situation might look like, including what actions they should take when confronting an injury or illness.

What is the Ultimate Goal of ASA?

The ultimate goal of this pilot program is to become a national model for changing the culture of safety in youth sports through student empowerment. Student athletes who complete this program will be:

- **educated** to recognize signs and symptoms of life-threatening injuries and medical conditions
- **certified** by the American Red Cross in CPR and AED (Automated External Defibrillator)
- **“ASA Ambassadors”** who have made the commitment to share their new knowledge and skills with current and future teammates

About ASA

“Athletes Saving Athletes™” is a program of Advocates for Injured Athletes, with support from the American Red Cross.

ADVOCATES
for INJURED
ATHLETES



Photos: The founding student athletes of ASA are alive for one reason: Someone present had been trained in how to recognize signs and symptoms of their life-threatening injuries. 1 Will James collapsed during football practice after his core body temperature reached a potentially fatal level. He spent three weeks in the hospital and four weeks on dialysis. He was fortunate to survive heat stroke. 2 Brittan Sutphin went into a seizure when her heart stopped beating. CPR did not revive her. An AED was used to restart her heart, and she is alive today. 3 Tommy Mallon collided with another player during a lacrosse game and suffered his third serious concussion, a fractured neck, and a dissected vertebral artery. He is alive and walking thanks to the skills of an on-site certified athletic trainer.

Advocates for Injured Athletes is a non-profit 501(c) (3) corporation.
Federal Tax ID #27-1111400

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