

ADVOCATES *for* INJURED ATHLETES

Advocates for Injured Athletes
3830 Valley Center Drive
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San Diego, CA 92130

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Advocates for Injured Athletes is honored to be participating in its fourth consecutive Youth Sports Safety Alliance Conference. It seems ages ago since Co Founder Tommy Mallon was giving his testimony to the YSSA group in Sacramento, in 2009. We have come a long way in four years, thanks to the support of many of the alliance members, particularly the National Athletic Trainers Association.

Advocates for Injured Athletes (A4IA) is a nonprofit 501(C)(3) charitable organization founded to promote sports safety and to provide essential support, education and resources to help keep student athletes safe. The foundation was created in 2010 in response to a life-threatening injury sustained by co-founder, and then high school lacrosse player, Tommy Mallon.

Tommy is alive today because his teammate made the right decision to not move him and he had access to a **certified athletic trainer** who was on the field at the time of his injury and able to immediately assess his condition and summon emergency services. After an exhaustive rehabilitation and recovery, Tommy and a large group of volunteers and medical experts, teamed up to create **Advocates for Injured Athletes**. Their goal was to create awareness of the importance of having certified athletic trainers at all practices and games—and to help make that presence a reality.

In 2012, Advocates for Injured Athletes created its signature program, Athletes Saving Athletes (ASA), a natural extension of the Foundation's charter—to help reduce the risk and incidence of injury and death for student athletes. ASA™ harnesses the power of peer-to-peer communication and the value of educating student athletes in basic sports safety.

Presented by certified athletic trainers, **Athletes Saving Athletes™** is a unique three-hour educational program that teaches recognition and understanding of signs and symptoms of sports-related injuries and chronic medical conditions. The curriculum, which was developed by a team of medical experts from across the U.S., covers concussion, head and neck injuries, heat illness, sudden cardiac arrest, diabetes, and asthma and stresses the importance of notifying a coach, certified athletic trainer or other supervising adult immediately when a teammate is in trouble.

In addition to learning to recognize and understand signs and symptoms, program participants

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learn Hands Only CPR and how to use an AED (automated external defibrillator).

The curriculum includes the compelling video stories of the program's three Founding ASA™ Ambassadors: Tommy Mallon, a lacrosse player who received a catastrophic head and neck injury; nationally-ranked tennis player Brittan Sutphin who suffered sudden cardiac arrest while swimming; and Will James, a football player who nearly died due to exertional heat stroke—all three are alive today because a certified athletic trainer, an informed teammate or coach was present and knew what to do when they suffered a life- threatening event.

More than 2,300 student athletes have participated in ASA™ since the program's inception and graduates have saved at least two lives.

We are proud to work alongside the NATA and all alliance members to help reduce the number of student athlete deaths.

Beth Mallon
www.injuredathletes.org