

Dear Parents,

Keeping our children safe is our number one priority. We arm them with the skills to protect themselves against strangers, bullies and disease. But, what about injury from falls?

Sports related injuries, specifically from falls, are an all too frequent occurrence for both professional and novice competitors. Fall Safely, Inc. was developed on the fundamental principle that injuries from falls can be substantially minimized with education and training.

During a Fall Safely, Inc. class, we teach our core Body Protection Priorities, a tiered training sequence to protect your athletes' heads; joints and bones; and soft tissues during falls. In addition, we instruct young athletes to attend to their environment; body preparation; and respiratory regulation during a fall. Classes can be tailored for an individual, group, or entire team.

We look forward to talking with you about how we can keep your athlete safe from fall related injury. Please contact us so we may talk and schedule instruction. Also, see attached for additional data.

Keeping athletes safe from fall related injury is our number one priority.

Regards,

Mark Morrill

President

Fall Safely, Inc.

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**Hitting the ground is
easy,
but learning how to fall properly
will
make you
a better athlete.**

Points of Discussion

Transitioning Your Fall

When you are falling, it is imperative that you train yourself to recognize and consider the following points of concern:

1. Environment

Our environment techniques will educate you on how to note the amount of space, any potential hazards, and how to transition your body during a fall.

2. Body Preparation

During a fall, we experience a surge of energy. With our training, you will learn how to utilize and control this energy.

3. Respiratory Regulation

It is crucial to expel all of the air from your lungs before a full impact fall. We will teach you how to expel the air and then resuming normal breathing.



Optimal Head Position

Protect your most important body part—your head. We offer crucial tips on how to properly secure your head during a fall. Allow us to teach you the techniques to reduce your chance of head trauma.

Maintaining Fluid Joints

Ensure your joints are not compromised. Locked joints limit flexibility and cripple your ability to properly transition. We can teach you how to properly transition your fall and protect your joints.

Minimizing Sharp-Edged Joints

Teach your body to properly use your elbows, knees, and other joints in your favor. A gradual and smooth transition will ensure your joints have proper fluid flow, and allow you to bend them slightly.

Minimizing Stacking Joints

Manipulate your body and create an optimal body position. It is essential not to stack joints on top of each other to avoid joint damage. We can teach you how minimize joint damage.

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