

# HSS Sports Safety

The HSS Sports Safety Anterior Cruciate Ligament (ACL) Program is a community-based education program to empower coaches, sports administrators, young athletes and their parents to reduce the risk of ACL injury.

This snapshot illustrates positive impact that the HSS Sports Safety ACL Program has on the knowledge, confidence and perception of our program participants.

## Parent Satisfaction

**98%** parents were satisfied with the workshop

## Parent Awareness

**97%** parents demonstrated improved awareness of reducing the risk of ACL injury in young athletes

## Parent Confidence

**96%** parents reported confidence in reinforcing proper movement quality in young athletes

## Coach Satisfaction

**100%** coaches were satisfied with the workshop

## Coach Confidence



**2 out of 3**

coaches showed improved confidence in implementing ACL injury risk management strategies

## Coach Perception



**2 out of 3**

coaches showed improved perception about the impact of ACL injuries and prevention interventions

## Coach Knowledge



**2 out of 5**

coaches showed an increase in knowledge of ACL injury risk management strategies

**100%**

All coaches and parents would recommend the workshop to others