

How You Can Take Action Against the ACL Crisis

Pledge	Suggested Actions*	Implementers	Supporters	Athletes
Understand the crisis and solutions	Study the crisis and solution	✓	✓	✓
	Listen to experts discuss the injury	✓	✓	✓
	Read the report on rising rates in teens	✓	✓	✓
	Complete a free prevention course	✓	✓	
Raise awareness in my community	Share ACL Coalition resources online	✓	✓	✓
	Post a story of ACL injury or recovery	✓	✓	✓
	Share a strategy for implementing NMT	✓	✓	✓
	Host an ACL Injury discussion or event	✓	✓	✓
Make neuromuscular training a priority	Review the Field Guide & Call to Action	✓	✓	
	Introduce a policy, incentive or initiative	✓	✓	
	Find, create or offer a new NMT program	✓	✓	✓
	Complete an NMT session	✓		✓

**If applicable*

Implementers: The leaders, staff and coaches in a club, school or program that can push [neuromuscular training](#) (NMT) in the organization, and/or implement directly with athletes (e.g. coaches, athletic trainers).

Supporters: People & organizations that care about athlete health and safety, and can motivate action by implementers with messaging, guidance, resources, policy and/or incentives

Athletes: Beneficiaries of NMT, primarily agility sports and female athletes, of middle and high school age. Older / younger athletes encouraged to perform age-appropriate NMT.

