

Everett School District No. 2

FOOTBALL SAFETY GUIDELINES

High/Middle School

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. **Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.**
2. **Advise the coach if you are ill or have any prolonged symptoms of illness.**
3. **Advise the coach if you have been injured.**
4. **Engage in warm-up activities prior to strenuous participation.**
5. **Be alert of any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.**

TACKLING, BLOCKING AND RUNNING THE BALL:

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up and the target area as near to the body as possible with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and separation or pinched nerve in the neck area. Injuries as a result of improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength in the neck muscles through isometric-type exercises will enable the participant to hold his/her head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE:

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the football program.

(over)

Please print Name: _____ **Student ID** _____

Office use only:

Emergency/Physical:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Academics:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Eligibility/Parent Permission/Athl Code:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	ASB Card:	Yes <input type="checkbox"/>	No <input type="checkbox"/>

In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask on the edge of the helmet. Initial helmet contact may result in a bruise; dislocation; broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury that could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

EQUIPMENT:

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and kneepads) must have proper fitting and use.

A shoulder pad that is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad that is too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be safety "NOCSAE" branded, the chin straps must be fastened, and the cheek pads must be of the proper thickness. A fit that is too loose could result in headaches, a concussion, a face injury such as a broken nose or cheekbone, or a neck injury that is possibly quite serious such as paralysis or even death.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the football program.

I am aware that tackle football is a **high-risk sport** and that practicing or competing in tackle football will be dangerous activity involving **many risks of injury**, including but not limited to those risks outlined.

Because of the dangers of tackle football, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

Athlete's Signature

Date: _____

Parent or Guardian's Signature

Date: _____

High/Middle School
Revised 7/26/02

Please print Name: _____ **Student ID** _____

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Academics: Yes ☐ No ☐

Eligibility/Parent Permission/Athl Code: Yes ☐ No ☐

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