

Guidelines for Safety in Youth Football

Safety Checklist

- Do you have a fully stocked first aid kit?
- Do you have a supply of Ice?
- Do you have copy of the emergency action plan?
- Have you checked your field? Have you marked or pointed out any potential dangerous situations?
- Have you checked all your players' pads, helmets, cleats, and other equipment? Is it all in good condition, fitted, and worn properly?
- Have your players properly stretched and warmed up prior to starting practice?
- Have your players cooled down after practice?
- Are your players properly hydrated? Remember to watch the clock and take breaks where necessary to drink water.

Equipment Checklist

Protective equipment is one of the most important factors in minimizing the risk of injury in football. Does each of your players have proper...

- Helmet
- Shoulder pads, hip pads, tail pads, knee pads
- Pants (one piece or shell)
- Thigh guards
- Jersey
- Mouth guard (A keeper strap is required)
- Athletic supporter
- Proper Shoes
- Approved eyeglasses or contact lenses

Source: Pop Warner Football, Official Rule Book, and U.S. Consumer Product Safety Commission.

Prevention of Heat Related Illness for Children from 6 to 13

Both the National Athletic Trainers' Association and the Gatorade Sports Science Institute have excellent recommendations on how to prevent heat illness in football during the warm weather. It is important that all youth football leagues review these articles and implement the recommendations into their pre-season and early season systems. These recommended guidelines include: (www.nata.org)

1. Proper medical coverage at all practices and games
2. Acclimate the athletes during the pre-season over a two week period
3. Allow proper fluid replacement to maintain hydration
4. Weigh in athletes before and after practices
5. Practice and rest in shaded areas
6. Have proper rest periods during and between practice sessions
7. Minimize the amount of equipment and clothing worn by players in hot and humid conditions.

Your First Aid Kit

- Adhesive bandages in assorted sizes
- Solution with 1 part bleach & 10 parts water
- Cardboard or commercial splints, pillows
- Elastic wraps (2, 4, and 6 inches wide)
- Finger splints, Gauze pads
- Hydrogen peroxide to clean wounds
- Instant ice packs
- Isopropyl alcohol to clean wounds
- Latex gloves
- List of players with special medical conditions

- List of emergency medical service numbers if 911 service is not available
- Penlight, Scissors, Sling
- Triple antibiotic ointment
- White athletic tape (1 and 2 inches wide)
- Wound-care spray to sterilize wounds

Remind Your Players

- Always play at full speed
- Be aware of your surroundings (keep your head on a swivel)
- When the whistle blows, play stops
- Always keep your head up when tackling
- Tie cleats tight, only approved spikes
- Never hit someone in the back
- Hands off the facemask
- Use the ground to get up, not opponents or teammates
- Don't go through the motions, stretch!
- If you don't know, ask (kids that don't know what they're doing are more likely to get hurt)
- Put your mouthpiece in & don't cut it
- Keep your helmet tight & buckled
- Respect teammates & opponents, play with class

