

## **FLAG FOOTBALL**

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF FLAG FOOTBALL**

Flag football is a fast action game in which some physical contact plays a role. Because of the speed and contact with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

Player responsibilities include:

#### **PREPARATION FOR PRACTICE OR CONTEST**

1. Purchase and wear any protective equipment that a player or parent may think is necessary (i.e. mouth guards) to every practice or contest.
2. Wear outer and undergarments that are appropriate for humidity and temperature.
3. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m. with the last consumption at least 30 minutes prior to practice or competition.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases, or medically controlled allergies need a physician's approval to participate.
8. If ill or dizzy, notify your coach. Do not practice.

#### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing, and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

#### **MOVEMENT TO CONTEST/PRACTICE SITE**

1. Be alert to:
  - a. Ramps leading to practice/contest area
  - b. Variations in surfaces of locker rooms, ramps, natural or artificial turf
  - c. Location and activity in proximity to:

- 1) Goal posts
  - 2) Charging sleds
  - 3) Kicking/kick return drills
  - 4) Passer/receiver drills
  - 5) Agility, sprinting, or other fast action drills
2. Stretch thoroughly and jog easy laps to warm up.

### **CAUTIONS SPECIFIC TO FOOTBALL**

Players will be taught techniques that are approved by the National Federation and our state association WIAA. The following techniques are of major importance for player safety:

1. The Head
  - a. Keep the chin and eyes up when "blocking" or running with the ball. Lowering the head jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
  - a. The forearm striking surface would be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up" to accelerate the forearm separately.
  - b. "Block" from the front, the side, and above the waist.
3. General
  - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
  - b. When falling, TUCK. Leave no extremity extended either to absorb the fall, or while on the ground.
4. Water

Frequent drink breaks will be scheduled during practices and players should hydrate themselves frequently during practice or games.

### **EMERGENCIES**

Because of the nature of football, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
6. Be prepared to implement the emergency procedures outlined in #4.