



Football

Safety Guidelines

Cascade Middle School

Prior to participating, the student athlete and a parent/guardian must read this information. Signatures are required on the back of this form.

When a person is involved in any athletic activity, an injury can occur, especially with a sport as strenuous as football. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with football. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the sport. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the athletic handbook.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety and Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high-quality padding has been purchased for protection of other body parts. However, careful fitting and proper wearing methods are imperative to gain maximum protection from any equipment. Each player will receive a demonstration of proper wearing and will be personally fitted by a coach or faculty equipment manager on the day equipment is issued. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed.

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 of activity in proximity to goal posts, charging sleds, kick/kick-return drills, passer/receiver drills, agility, sprinting, or other fast-action drills.
2. Stretch thoroughly and jog easy laps to warm up.

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

1. Head and Helmet
 - a. Tackle, block, or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball. Lowering the head/helmet 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.
 - c. When pursuing an opponent ball carrier, do not "pile on" when the opponent is down.
 - d. Do not chop or slash with a rigid arm when executing a tackle.
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.
- c. Participate fully in all neck-strengthening exercises.
- 4. Water
 - a. Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently during practice or games.
- 5. Weight Room
 - a. Maintenance strength-training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

Athlete's Name (please print): _____

I am aware that football is a high-risk sport and that practicing or competing in football can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in football include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risks of practicing or competing in football may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Longview School District does not assume responsibility for the medical services required for these risks.

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

In consideration of the Longview School District permitting me to try out for the school's football team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in football, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Athlete: _____

Date: _____

Parent/Legal Guardian Name (please print): _____

As the parent/legal guardian of the above-named student and in consideration of the Longview School District, I give permission for my child/ward to try out for the school's football team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in football. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Parent/Guardian: _____

Date: _____