



## **UYFA CONCUSSION SAFETY PROGRAM**

Mark Farquhar – President – Union Youth Football  
Pete Velazquez – Player Safety Coach Coordinator

**Age Reps** – Grade reps are the coaches and parents first contact. These age reps are in constant contact with our coaches and always available to our parents.

**Player Safety Coaches** – These coaches go through USA Football’s extended training for Concussions, Hydration and Equipment Training. They stay in contact with our coaches to make sure they are implementing the proper tackling training in practices. All UYFA coaches must report any concussions to the PSC. The PSC will then make sure that the player follows the correct steps to get back on the playing field.

### **Coaches Training**

All UYFA coaches must be certified through USA Football. They must complete the Heads up tackling program and the concussion awareness and equipment training. Each year they will take a review course on the following.

**<http://usafootball.com/health-safety/concussion-awareness>**

All UYFA head coaches must attend Union High School Head Coach Kirk Fridrich’s annual UYFA coach’s clinic. During this clinic they will review the Union varsity football programs tackling terminology and will review the correct way to teach tackling and the correct drills to apply to our practices.

All UYFA head coaches must attend our annual Concussion seminar put on by Union High school head Athletic Trainer Dan Newman MS, ATC, LAT. During this seminar Dan will discuss the facts about concussions in youth sports, signs and symptoms, prevention, plan of action, and parent awareness and education.



**UYFA PLAN OF ACTION** – This plan of action was put into place for the UYFA 2013 season. We have modeled and developed a concussion policy similar to Union’s, and have worked extensively with Dan Newman MS, ATC, LAT on developing and consulting with this policy and many others such as heat and hydration.

1 – Athlete must be removed from play immediately.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of a concussion should be removed from practice or competition and not return to play until evaluated by a health care professional trained in head injury management. When in doubt, keep the player out.

2 – Ensure that the Athlete is evaluated right away by an appropriate health care professional.

3 – Immediately inform the athlete’s parents or guardians about the possible concussion and make sure they know the athlete should be seen by a health care professional experienced in evaluating for concussions.

4 – The Head Coach must inform their Player Safety Coach about the athlete’s suspected concussion.

5 – Allow the athlete to return to play only after written medical clearance is given from the appropriate health care professional. The medical release must be submitted to the UYFA player Safety Coach.

### **UYFA RETURN TO PLAY CONCUSSION POLICY –**

Athletes must follow the six (6) step plan below after seeing and being cleared for activity or contact by a physician unless given a more conservative plan by a treating physician.

1. No activity, consider no class or studying
2. Light exercise (walking, stationary bike) increased heart rate.
3. Sport specific exercises and activities (jogging, push-ups, sit-ups, throwing, catching) no contact.
4. Non-contact drills (running, sprinting, jumping) no contact
5. Full contact (only after medical clearance)
6. Return to game play.

Rules for six step. Allow At least 24 hours for each step. Progress only if asymptomatic (without symptoms). If a problem develops go back to the previous step and immediately contact physician.



Per UYFA Return to Play Concussion Policy, athletes cannot return to play without written medical clearance being provided to the UYFA Player safety coach and the above referenced six step guideline being strictly followed.

### **COACHES – PRACTICE GUIDELINES –**

1 – No full speed head on blocking or tackling drills in which players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full speed drills where the players approach each other at an angle but not straight ahead into each other are both permitted). However there should intentional head to head contact.

### **2 – PRACTICE GUIDELINES -**

Teams can only have **FULL LIVE** contact drills or contact team time 2 days per week. 20 minutes max per contact day.

### **Scrimmages Outside of the INFC Scrimmages –**

Teams will be allowed to have 2 scrimmages per season. The max scrimmage time is as follows. 20 MINUTES of OFFENSE and 20 MINUTES of DEFENSE. This is a total maximum of 40 minutes of actual contact time.

\*\*\*\*Coaches that do not follow these regulations that have been put into place by the UYFA Board, will be subject to immediate review by the UYFA Coaches Board. Coaches could also be subject to immediate suspension.

### **UYFA –**

www.uyfa.org  
918-289-8916 – phone  
918-663-4193 – fax

Mark Farquhar – President  
Jeremy Henry – VP Registration  
David Fisher – VP Legal/Insurance  
Robert Pitchford – VP Finance

Pete Velazquez – Player Safety Coordinator

### **Player Safety Coaches -**

1. Chet Bates
2. Kadie Goldstein



**UYFA – TEAM SIGNATURES –**

HEAD COACH - \_\_\_\_\_ DATE \_\_\_\_\_

ASSISTANT COACH - \_\_\_\_\_ DATE \_\_\_\_\_

ASSISTANT COACH - \_\_\_\_\_ DATE \_\_\_\_\_

ASSISTANT COACH - \_\_\_\_\_ DATE \_\_\_\_\_

ASSISTANT COACH - \_\_\_\_\_ DATE \_\_\_\_\_

ASSISTANT COACH - \_\_\_\_\_ DATE \_\_\_\_\_