

**VIRGINIA HIGH SCHOOL LEAGUE, INC.
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CHARLOTTESVILLE, VIRGINIA 22911-8609**

PRESEASON FOOTBALL SAFETY MEETING OUTLINE

The Virginia Medical Aspects of Sports Committee and the VHSL attorney strongly recommend that each football playing school review the following with parents, players, coaches, athletic administrators, team physicians, and trainers prior to the season.

This is important if litigation results from injuries.

- I. 1. **Conditioning** - stress proper diet, adequate rest and physical conditioning, including heat acclimation.
- See *Hot Weather Hints*.
 2. **Adequate Physical Examination** - Examining physician must complete Physician's Certificate.
 3. **Proper Player Equipment** - (See Mandatory Player Equipment) - emphasize the importance of properly fitted equipment, especially helmets, protective pads and shoes (Review Helmet Inspection. Demonstrate how all equipment should be fitted. Insist that best available equipment be provided.
 4. **Review Practice Schedule** - Must include scheduled "water breaks", especially in preseason drills. Emphasize that proper techniques for Blocking and Tackling will be taught. Review "Attention Football Players Poster" with parents & players.
 5. **Review Athletic Emergency Procedures** at your school.
 6. **Use of Athletic Trainers** - Review Training Procedures - each school should have a certified trainer (or staff member who has taken athletic training courses).
 7. **Hospital Care** - Indicate where athletes would be taken in the event of injury.
 8. **Insurance** - Review school's football insurance program to insure that all participants are adequately covered.
- II. **Individual Eligibility Rules** - Also review Individual Eligibility Rule on enclosed Athletic Participation/Parental Consent/Physician Certification Form.
- III. **Individual School Rules** - should also review any additional rules required by your school.

**Schools should attach the following WARNING statement to the Athletic Participation/Parental Consent/Physician Certification Form before it is signed by parents and players.*

WARNING

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear.
NO HELMET CAN PREVENT ALL SUCH INJURIES