

August 18, 2011



Dear LFA Parents, Players and Coaches:

As involvement in LFA and football continues to grow, knowing the benefits and safety issues that surround the sport of football is very important. The safety of players is at the forefront of LFA.

As with any physical activity, there is the risk of injury when participating in a sport. The facts state that more children are hurt riding bikes than playing team sports such as football, basketball or lacrosse, but safety precautions need to continue to be focused on. Due to the inevitable risk of injury in playing any team sport, it is important for both coaches and parents to be aware of current health and safety issues.

LFA tries to set high safety standards for players and coaches and it is an area we continue to expand upon annually with our members and coaches. We have extensive information on our website for our volunteer coaches and parents to utilize. We conduct safety sessions with our volunteer coaches that focus on the proper procedures in the event of an injury. We have added concussion awareness to our coach training this year and we ask parents to join us in helping keep our players safe by using the attached documents to educate their son/daughter who play ANY SPORT where injury can happen.

The most significant problems involving injury arise when players do not notify coaches or adults that they have been injured. Re-injury is also a common problem when both players and coaches do not allow proper time for injuries to heal. These problems are easily avoidable through instructing players to report injuries and afterwards insisting on the resolution of injuries before a return to participation.

LFA is asking coaches and parents in 2011 to follow the following injury action plan:

- Remove the athlete from play. When in doubt, SIT THEM OUT !
- Inform the athlete's parents or guardians about the possible injury/concussion.
 - Advise them that the athlete should be seen by a health care professional experienced in evaluating for injury/concussion.
- Coach will inform your LEVEL DIRECTOR, about the injury, any details and that the parent has been advised of a possible injury.

LFA is asking our Level/Grade Directors to:

- Work with parents to ensure that the athlete is evaluated by a health care professional experienced in evaluating the injury/concussion.
- Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion/injury, says they are symptom-free and it's OK to return to play
- Advise coach when approval process is completed/return to play is granted

As the sport of football continues to grow, the goal of LFA is to continue to make it safer. We ask that all members of LFA work together to help make the safest environment possible for the kids in our community. More information can be found at www.lakevillefootball.org.

Your Lakeville Football Association Board