



**WINDHAM YOUTH FOOTBALL**  
**Equipment Safety and Head Injury Policy**  
Adopted July 13<sup>th</sup>, 2010

Windham Youth Football is committed to a safe and fun football experience for the families of Windham. As part of that mission, the Board of Windham Youth Football has developed this concussion policy that is based on the Center for Disease Control and Prevention's "Concussion in Youth Sports" program.

Our goal is to:

Educate athletes, coaches, and parents about concussion  
Insist that safety comes first  
Teach athletes and parents that it's not smart to play with a concussion  
Prevent long-term problems

To that end:

Prior to the season every parent and player will be introduced to the risk of concussions and directed to the CDC Website: [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

Every head coach 2<sup>nd</sup>-8<sup>th</sup> grade must inspect each player's equipment at the start of the season for proper fit and condition in accordance with local league regulations and guidelines provided during USA Football certification. No player may participate in contact practice or games if their equipment does not pass inspection.

-Middle school players (7<sup>th</sup>-8<sup>th</sup> grade) will be given a concussion base line test at the start of each season. All baselines must be completed before the first contact practice with equipment.

**In the event that a concussion is suspected:**

The Athlete shall be removed from play (Practice "When in Doubt, Sit Them Out")

Ensure that the athlete is evaluated right away by an appropriate health care professional

Inform the athlete's parents about the possible concussion and direct them to the fact sheet

No player who suffers a head injury (suspected concussion) may return to contact practice or games without a note from a physician and a baseline follow-up (middle school).

Windham Youth Football Board of Directors  
July 13<sup>th</sup>, 2010