



Injury Prevention

TBB board members and coaching staff implement a multi-layered approach to player safety each year to minimize the incidence of injury. For example:

- 100% of coaches are USA Football certified
- Coaches are instructed on teaching safer tackling techniques and are taught how to screen for potential head injury during new coach orientation
- High-risk practice drills are prohibited
- Certified athletic trainers are present for all games
- TBB Board members serve as league representatives and ensure that league rules promote fair and safe play
- All helmets are reconditioned and certified annually by the manufacturer
- [Guardian Caps](#) (worn over traditional helmets) are issued to each player at the start of the season.
 - All players are required to wear Guardian Caps to every practice and scrimmage
 - Players are permitted to wear Guardian Caps during games.
 - Players previously diagnosed with a concussion who are cleared to return to play are strongly encouraged to wear a Guardian Cap in subsequent games.

Additional Information

[Click here](#) to read a balanced and thoughtful review of injuries associated with youth tackle football, published by the American Academy of Pediatrics.