



Rye Town Youth Football & Cheerleading Player Safety Page

Welcome to the Rye Town Youth Football & Cheerleading (RTYFC) Player Safety Page, we have teamed up with USA Football to help further educate coaches, players, and parents on comprehensive solutions for a better and safer game.

Heads Up Football educates coaches, parents and players on four key elements to enhance player safety:

- 1) Concussion Recognition and Response
- 2) Equipment Fitting
- 3) Heat Preparedness & Hydration
- 4) Heads Up Tackling

The program offers a comprehensive collection of resources, programs, applications and promotions to create change and address the complex challenges of player health and safety in youth and high school football. Each organization is required to have a Player Safety Coach (PSC) to oversee and implement the Heads Up Football Program. RTYFC has appointed Ron Wexler as our Player Safety Coach.

Player Safety Coaches Responsibilities include:

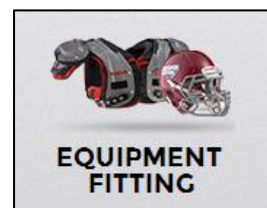
- Ensuring ALL Coaches have completed the USA Football Level 1 Coach Certification Course.
- Conduct Heads Up Coaches Clinic for all Coaches, parents, and players
- Observe practices and attend games
- Monitor the development of league players and serve as parent liaison at games to advance Heads Up Football and player safety
- Serve as the local organization expert and point of contact for player health and safety recommendations, particularly from USA football, the NFL and the Center for Disease Control and Prevention and the Korey Stringer Institute
- Communicate organization concerns, questions and successes to your commissioner and USA football



The Player Safety Coach will offer the following Clinic for Coaches, Parents and Players. Below you will find a copy of the Clinic Outline and the important documents that will be used during the presentation.

Clinic Outline:

- 1) Introduction:
 - a. Roles of Player Safety Coach
 - b. Goals of Clinic
- 2) Concussion Recognition and Response
 - a. Define
 - b. Causes, Signs, and Symptoms
 - c. Removal from Play
 - d. Return to Play Policy
- 3) Equipment Fitting (see PDF handout)



- a. Helmet fitting
 - b. How shoulder pads should fit
- 4) Heat Preparedness and Hydration
- a. Heat Exhaustion – Heat Cramps – Heat Syncope
 - b. Hydration always begins before Practice!
 - c. 50/50 Rule
- 5) Heads Up Tackling (see Power Point handout)
- a. Levels of Contact
 - b. Fundamental Drills
 - i. Breakdown
 - ii. Buzz
 - iii. Hit Position
 - iv. Shoot
 - v. RIP



- 6) Referee/League Officials
- 7) Communication – Ongoing tips and Health Safety topics

RTYFC takes safety very seriously and as board members we are committed to making sure that our league and community takes all the precautions necessary to ensure these rules are enforced and that our coaches, players, and parents are prepared and committed to the Heads Up Football program. To see what the Pros are saying and for additional information and videos on the Heads Up Football Program please visit <http://usafootball.com/> click the Heads Up Football icon, or contact our Player Safety Coach, Ron Wexler, at headsup@ryetownyouthfootball.com