



## SUGGESTED GUIDELINES FOR HIGH SCHOOL FOOTBALL COACHES FOR PRE-SEASON PARENT MEETING

Promote Your Football Program with Safety as the Priority!

- Emphasize that safety is first and foremost in your program. Their son's health is top priority.
- Discuss the training your coaches receive (*ATAVUS Tackling Certification, Concussion Education, Safety Training, Steroid Education, Strength Training etc.*)
- Review your pre-season and in-season practice policy (*amount of contact, full pads, etc.*)
- Discuss your heat policy relative to all activities.
- Thoroughly review your Concussion Management Policy and protocols, e.g. removed from practice or game, no participation until cleared by Concussion Oversight Team, etc.



- If applicable, discuss your baseline concussion testing program.
- Discuss your helmet and equipment safety standards and procedures (i.e., quality helmets that are certified every year and fitted by a trained professional).
- Discuss the critical importance of a quality mouthpiece (invest in a mouthpiece for better protection).
- Inform them of the safety personnel available at practices and games (physicians, trainers, ambulances, etc.)
- Discuss and review your emergency management plans and protocol concerning major injuries, lightning, etc.
- Emphasize the benefits of playing football (discipline, teamwork, increased focus on academics, etc.).

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