

## FOOTBALL SAFETY

Adopted by Convention Delegates May 1, 1975

*Reviewed January 2006*

- WHEREAS, The likelihood of injuries to students playing football is a legitimate concern of PTA; and
- WHEREAS, In non-professional football last year there were 20 deaths and 300,000 injuries requiring emergency treatment, 76% of which were in the 10-19 year old age bracket; and
- WHEREAS, All states do not require a physical education credential for coaches; and
- WHEREAS, Studies show the seven most common football injuries were (1) sprains, (2) contusions, (3) fractures, (4) pulled muscles, (5) strains, (6) lacerations, and (7) concussions; and
- WHEREAS, During the past high school football season, one out of every five players required some form of medical treatment, and one out of thirteen suffered a marginal or serious injury; and
- WHEREAS, September, according to researchers, is the most hazardous month for football injuries, because of the short pre-season workout sessions; and 51.5% of all injuries occur in practice; and
- WHEREAS, Studies show that improper methods of tackling cause such major injuries as broken necks, spine injuries and brain concussions; now therefore be it
- RESOLVED,** That in order to make football a safer sport in California, PTA units in each district:
1. Examine the standard procedures as to staff and equipment;
  2. Urge statewide standards as to safety of equipment for students;
  3. Urge use of the best equipment currently available;
  4. Encourage thorough pre-participation physical examinations and adequate pre-season conditioning of all players;
  5. Support the mandated training of all coaches in body conditioning and in the prevention and care of athletic injuries;
  6. Seek to eliminate the specific techniques of spearing and stick-blocking because of the possibility of serious injury; and
  7. Urge school district sponsored workshops, conducted by qualified persons, to instruct all coaching staffs on appropriate prevention and care of athletic injuries.

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Delegates voted to send this resolution to the 1975 National PTA Convention.