



# BRONCO FOOTBALL

**SAFETY FORUM**

# RISK VS. REWARD



# TIER 1 - EDUCATION

- **WHAT ARE THE DANGERS?**
- **WHAT ARE THE SYMPTOMS?**
- **REPORTING PROCESS**

# TIER 2 - PREVENTION

- **STRENGTHEN THE NECK**

- **SHRUGS**

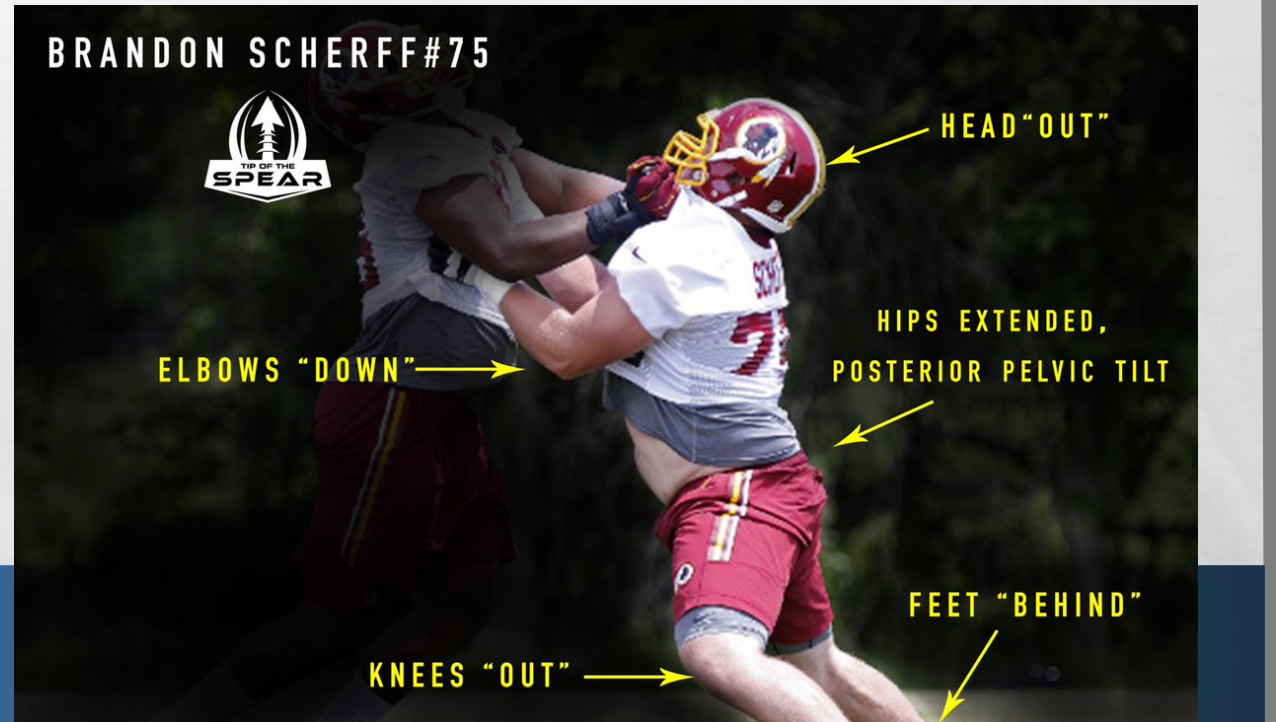
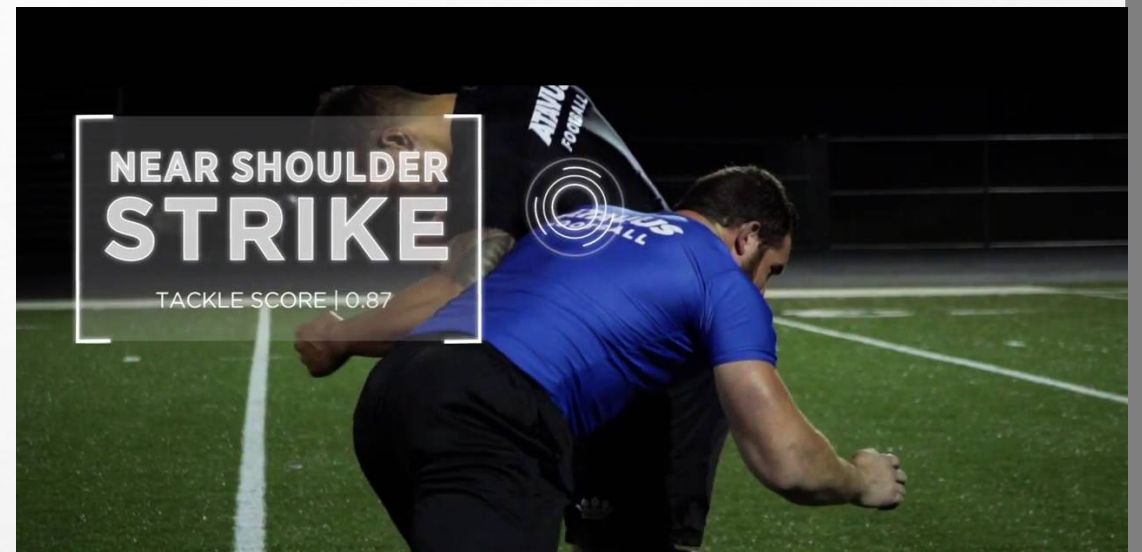
- **ISOMETRIC**

- **LATERAL EXTENSION/FLEXION**

# TIER 2 - PREVENTION

- **TECHNIQUE**

- **RUGBY STYLE TACKLING**
- **“SAFE FOOTBALL” BLOCKING**



# “SAFE FOOTBALL” BLOCKING



# RUGBY STYLE TACKLING







# TIER 2 - PREVENTION

- **PRACTICE**
  - **NO HIGH-RISK DRILLS**
  - **EMPHASIZE POSITION, TECHNIQUE, THUD TEMPO**



# TIER 2 - PREVENTION

- **EQUIPMENT**

- **SPEED FLEX HELMETS**
- **GUARDIAN CAPS**
- **SENSORS FOR HIGH COLLISION PLAYERS**



# TIER 3 - RECOVERY

- **REMOVAL**
  - **SYMPTOMS OF CONCUSSION ASSOCIATED WITH COLLISION**

# TIER 3 - RECOVERY

- **RETURN TO PLAY**

- **7-STEP PROCESS WITH NO SYMPTOMS, CLEARED BY PHYSICIAN**



# TIER 3 - RECOVERY

- **RE-EDUCATION**
  - **CORRECT TECHNIQUE**



# QUESTIONS?

- **HIGH SCHOOL PARENTS: DON'T FORGET THE INFORMATIONAL MEETING MAY 15, 6PM**
- **YOUTH PARENTS: PLEASE STOP BY OUR POP WARNER TABLE FOR MORE INFORMATION**