



AMERICAN FOOTBALL

Safety Guide

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KEY BENEFITS

Strength & Power

Develops explosive strength, power, and muscular endurance through intensive training and game play.

Teamwork

Builds exceptional teamwork and communication skills essential for executing complex offensive and defensive plays.

Strategic Thinking

Develops tactical intelligence and rapid decision-making abilities in high-pressure situations.

Athletic Development

Improves speed, agility, coordination, and overall athletic performance across multiple physical domains.

Mental Toughness

Builds resilience, discipline, and the ability to perform under pressure in competitive environments.

Community & Belonging

Creates strong team bonds and sense of community that extends beyond the playing field.

KEY HAZARDS & CONTROL MEASURES**Tackling Impacts**

- ✓ Teach proper tackling technique (heads up, eyes up)
- ✓ Enforce rules against dangerous play
- ✓ Progress contact gradually through the season
- ✓ Ensure all protective equipment is worn correctly

Concussions

- ✓ Implement formal concussion recognition protocol
- ✓ Require medical clearance for return to contact
- ✓ Remove suspected concussions from play immediately
- ✓ Train all staff on concussion signs and symptoms

Heat Illness

- ✓ Implement acclimatisation protocols for hot weather
- ✓ Schedule rest breaks and helmet-off periods
- ✓ Provide unlimited water access during training
- ✓ Monitor weather conditions and modify practice

Joint & Ligament Injuries

- ✓ Implement strength and conditioning programmes
- ✓ Maintain field surfaces in good condition
- ✓ Ensure thorough warm-up before contact
- ✓ Address fatigue as an injury risk factor

Equipment Failure

- ✓ Use only certified equipment (NOCSAE standard)
- ✓ Recondition helmets annually
- ✓ Inspect all equipment before each session
- ✓ Ensure proper fit for all players

Field Conditions

- ✓ Inspect field before every session
- ✓ Remove debris and fill holes
- ✓ Ensure goalposts have padding
- ✓ Postpone in dangerous weather conditions

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Equipment Checks

- All helmets inspected and fitted
- All body pads in place
- Cleats appropriate for surface
- Shoulder pads secure and undamaged
- Mouthguards worn and in good condition
- No jewelry or prohibited items

Field & Conditions

- Field inspected for hazards
- Weather conditions assessed
- Boundaries clearly marked
- Goal post padding in place
- Lightning protocol reviewed if applicable
- Water stations prepared

Medical Readiness

- First aid kit stocked and accessible
- Emergency action plan reviewed
- Ice available for injuries
- First aider present
- AED available and checked
- Emergency contacts accessible



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