



Safety Recap

The EFA's continued focus on making the game as safe as possible was evident throughout the season. We became a certified USA Football Head's Up football organization and had a Head's Up Certified coach at each of the grade levels. We also are fortunate to have Ron Peterson (Head's Up Certified Trainer) as an EFA volunteer, who spent countless hours with the 4th & 5th graders teaching the Head's Up techniques.

For the second year we offered baseline IMPACT testing for EFA players aged 11 and above during Hornet Camp this summer at no cost to players, and we also enhanced our injury tracking. We are happy to report that we had a relatively low number of football related injuries that resulted in missed games.

Here is the 2014 summary:

2014 EFA Injury Report

Participants (all): 572
Participants (tackle): 338

Football Related Injuries: 15

- 8 Joint/Muscle (sprain, bruise, etc)
- 4 Upper Body/Lower Body/Hands/Feet (bone injury)
- 2 Physician diagnosed concussions
- 1 Concussion-like symptoms, but physician did not diagnose a concussion

Reported Non-Football Related Injuries: 6

- 3 Upper Body/Lower Body/Hands/Feet (bone injury)
- 2 Head/Neck Other
- 1 Joint/Muscle (sprain, bruise, etc)

Football Related Injuries by Grade:

Flag: 0
4th: 2
5th: 2
6th: 2
7th: 3
8th: 6

Concussion Percentage (tackle grades only): 0.8% (3 physician diagnosed concussion or concussion-like symptoms/338 players)

For additional information regarding a recent study conducted MN Dept. of Health on concussions in Minnesota High School Athletics, please read:

<http://www.health.state.mn.us/news/pressrel/2014/concussions090414.html>