



Safety Recap

The EFA's continued focus on making the game as safe as possible was evident throughout the season.

We are happy to report that we had a relatively low number of football related injuries that resulted in missed games, and a number consistent with our last two years of tracking injuries.

Here is the 2016 summary:

2016 EFA Injury Report

Participants (all): 487

Participants (tackle): 305

Football Related Injuries: 16

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

Reported Non-Football Related Injuries: 9

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

Football Related Injuries by Grade:

Flag: 0

4th: 0

5th: 1

6th: 4

7th: 6

8th: 5

Concussion Percentage (all grades): 1.03% (5 physician diagnosed concussion or concussion-like symptoms/487 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/2016/concussions090414.html>