



Safety Recap

The EFA's continued focus on making the game as safe as possible was evident throughout the season. USA Football certification added new modules related to roll tackling techniques and practice plans that attempt to simulate tackling moving objects using tackle wheels and exercise balls. We believed these enhancements helped keep the number injuries that occurred in practice to a minimum.

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 four years of tracking injuries.

Here is the 2018 summary:

2018 EFA Injury Report

Participants (all): 559
Participants (tackle): 247

Football Related Injuries: 14

- 7 Joint/Muscle (sprain, bruise, etc)
- 3 Upper Body/Lower Body/Hands/Feet (bone injury)
- 2 Physician diagnosed concussion
- 2 Other (heat-related; contusion)

Reported Non-Football Related Injuries: 7

- 4 Other
- 2 Joint/Muscle (sprain, bruise, etc)
- 1 Neck/Head (stitches)

Football Related Injuries by Grade:

Flag: 1
4th: 1
5th: 1
6th: 0
7th: 3
8th: 8

Concussion Percentage (all grades): 0.36%
(2 physician diagnosed concussion or concussion-like symptoms out of 559 players)

