

# FOOTBALL

## PRINCIPALS and ATHLETIC DIRECTORS - Suggestions for Football Coaches

We are recommending that you discuss the following suggestions with your entire football coaching staff prior to your first football practice in August. It is highly recommended that similar subjects should be discussed with coaches of other sports.

### Suggestions for Football Coaches:

1. Point out all foreseeable dangers for each student in each sport.
2. Rules must be followed in every respect.
3. Correct procedures, techniques and conditioning must be taught. The coach must be knowledgeable and drills must be safe. Do not use dangerous drills to demonstrate safe procedures. Terminology such as "kill", "maim", etc., should be eliminated.
4. Take positive steps when disciplining a student who has violated a safety rule.
5. Protect yourself by keeping thorough records. Document practice sessions, safety statements, precautions, etc. Inform parents and students regarding instructional procedures involving safety.
6. Establish a set, written procedure in the event of injury during practice and games.
7. Make sure all equipment is in good and safe condition prior to issue and check equipment regularly.
8. Instruct athletes to inspect equipment daily and report to the coach all equipment that needs repair. **NEVER ALLOW A STUDENT TO WEAR DEFECTIVE EQUIPMENT.**
9. OSAA Board Policy regarding practice and conditioning:

At the beginning of football practice each year, every participant shall be required to have three days of practice without person-to-person contact. A school shall not permit an individual to participate in a practice involving person-to-person contact unless that individual has had at least three days of practice without person-to-person contact. Contact with another person on the fourth and fifth days should be controlled.

The only optional pieces of player equipment that may be worn by individuals during this three day non-contact period are shoes, shoulder pads and helmets. **NO OTHER PADS--such as knee, thigh, hip, rib--are to be worn.**

An individual shall become eligible to participate in an interscholastic contest after completing a minimum of nine days of actual field practice.

It is strongly recommended that practices allow for water breaks and general acclimation to hot and humid weather.

This rule does not preclude light contact with blocking sleds and tackling dummies on the first three days. However, it is strongly recommended that any such contact be carefully controlled.