

Head Injuries in Youth Football

A recent study was published regarding head impact during the season of a Youth Football Team.... Is Youth Football Safe?

Head Impact study

A recent study was conducted on a youth football team of 7th & 8th grade kids. The team was outfitted with Guardian caps and was taught proper tackling techniques.

[Link to Head Impact Data](#)

At GPYFA we always take safety, especially when it comes to the head and neck area as our number one priority, the safety of our Young Adults. Over the past couple of year's we have made significant strides and increased our focus on Safety by investing in new equipment and programs from purchasing new helmets 2 years ago to the Guardian Caps we use at practice all the way down to the how our Coaches teach the game of Football and the proper way to tackle.



USA Coaches Training

All of our coaches are USA Heads Up Football Certified and are required to complete annual training and re-certification through USA Football. This ensures, we and our coaches are staying on top of any updates and are always teaching and re-enforcing the proper tackling and coaching techniques.

Is Youth Football Safe? An Analysis of Youth Football Head Impact Data

Population

1 Full Youth Football Season

- 20 Players
- 7 Games
- 20 Practices



Methods

Players Equipped With:

- Helmet Impact Monitor
- Guardian Caps During Practice
- Safe Tackling Techniques



Results

No Concussions All Season
Total Impacts: 817

- 1 High
- 97 Medium
- 719 Low





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YOUTH FOOTBALL & CHEERLEADING



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There are many positives that being part of a Football Team can do for our young adults: Leadership, Discipline and Teamwork to name a few. There is no doubt that football, as well as other sports, are contact sports and we can't get away from that. But what we can and will continue to do is to look at ways we can reduce the risk and improve our medical response abilities on the sideline both at practice and during the games. With your support we will continue to invest in the safety of our kids and their future.

medical attention. Not receiving the proper medical care or returning to the field of play before their bodies have had proper time to heal, could result in further injuries and possible additional health concerns. This is and should be true for all youth sports not just football. Our kids can have a severe head injury at any time and just about anywhere and playing any sport. At GPYFA we understand the concerns that come with head injuries in sports and we try to do everything we can to help identify and mitigate the opportunities for our kids to get injured.

Continuing our Commitment to Safety

We are continuing our investment in the Safety of our kids by enrolling all registered players for the 2020 season in the King-Devick [Sideline Assessment software](#) program. This will allow us as an organization along with our coaching and medical staff(s), to help identify any potential concussion and decrease the risk of a player returning to the field prematurely, both on the practice field and during games. This cannot eliminate or prevent injuries or concussions, but it is another tool we can use to help identify

The team in the study wore Guardian Caps just as we do! They were taught the proper tackling techniques, just as we do! Nothing we can purchase medically or equipment wise can eliminate injuries or concussions but we are going above and beyond to help mitigate these concerns, the Guardians Caps themselves reduce head impact by 33% [Guardian Cap](#). As we parents weigh our options and the risk of head injury as well as what program/sport to register our kids for. We want you to be aware we, GPYFA, take head injury seriously and have implemented additional equipment, programs and processes to eliminate some of that risk and to aid in the health and safety of your child. We take that extra step to ensure the safety and health of our children.

and mitigate the risk of a player returning to the field of play too soon. This will also help aid in recognizing when a player may need further

Thank You!

GPYFA Board