



Safety Recap

The EFA's continued focus on making the game as safe as possible was evident throughout the season. In addition to having all coaches complete USA Football Level One Heads Up Certifications, we hosted a free preseason USA Football Head's Up technique training this past winter in the dome. EFA Day at Dick's was again a success and we ensured that equipment properly fit players.

For the third 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 2015 summary:

2015 EFA Injury Report

Participants (all): 563
Participants (tackle): 347

Football Related Injuries (e.g. injuries that caused a player to miss a game): 11

- 5 Joint/Muscle (sprain, bruise, etc)
- 3 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: 10

- 3 Upper Body/Lower Body/Hands/Feet (bone injury)
- 7 Joint/Muscle (sprain, bruise, etc)

Football Related Injuries by Grade:

Flag: 0
4th: 1
5th: 2
6th: 0
7th: 7
8th: 1

Concussion Percentage (tackle grades only): 0.8% (3 physician diagnosed concussion or concussion-like symptoms/347 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>