

CAPE FOOTBALL 2014 CONCUSSION PREVENTION PLAN

Due to the recent increase in concussions in sports - coaches, administrators, athletic training personal and players must take a more active role in the prevention of these concussions. Below is a *preventative* plan that has been developed as a result of research and meetings between all groups. This is not a solution - this is a written plan that will hopefully help players be more aware of the power that they possess regarding their own safety as well as help staff communicate with players and parents more effectively around the prevention of concussions. We are asking that *everyone* fully participate in, and embrace the plan so that we can work towards a low incident rate for concussions this 2014 season.

STEP 1 - The Cape Elizabeth Football program's helmet distributor, Riddell, will send a representative (Kevin Sollitto) to Cape in August to initially fit every player and present a tutorial on proper helmet care and maintenance.

STEP 2 - Riddell Revolution and Speed helmets will be available for purchase. The Revolution and Speed are considered by many to be the best helmet on the market for concussion prevention.

STEP 3 - Mr. Sollitto will personally label each helmet with the players number to ensure that each personal helmet stays with the player every season.

STEP 4 - Mr. Sollitto will come to Cape at least once during the regular season personally to inspect every player and their helmet to ensure that it still properly fits and the player is maintaining the safety condition of the helmet that was established in August.

STEP 5 - Cape Elizabeth Athletic Trainer Lisa Mims will personally inspect every player and their helmet at least once **each week** to ensure that it still properly fits and the player is maintaining the safety condition of the helmet that was established in August.

STEP 6 - Cape Elizabeth Football coaching staff will personally inspect every player and their helmet **each day** of contact to ensure that it still properly fits and the player is maintaining the safety condition of the helmet that was established in August.

STEP 7 - Every player will be issued *one personal "Shock Doctor" mouth guard at the beginning of the season. The "Shock Doctor" mouth guard is the leader in gel technology that helps in preventing mouth and brain related injuries. The "Shock Doctor" is used by the New England Patriots.

STEP 8 - Understanding that we must *practice* with contact in order to prepare to *play* with contact - the frequency of live contact will be monitored and carried out judiciously throughout the practice week.

STEP 9 - We will continue to have players work on strengthening their neck and shoulder muscles to help support and increase control of their head and the additional weight that the helmet provides.

STEP 10 - Monitor and care at home. We will ask parents and players to help keep their brains in optimum condition throughout the season by providing the following:

Daily intake of water
Sleep/Rest
Daily intake of omega 3 (fish oil, flaxseed)

Please avoid the following:

Sugary drinks and snacks
Caffeine
Alcohol
Tobacco

Thanks to everyone for their support in our strong attempt to help prevent concussions this season.

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