



**HEADS UP
FOOTBALL**

The Components of **HEADS UP FOOTBALL**

YOUTH

KEY FEATURES

PLAYER SAFETY COACH (PSC)

Your organization's PSC is responsible for leading your organization's adoption of Heads Up Football health and safety protocols including coaching certification. This position also plays a crucial role in mentoring coaches and players throughout the season.

COACHING CERTIFICATION

USA Football's Youth Tackle Coach Certification gives you access to nationally accredited courses with content created from leading football experts and health professionals. Coaches with a valid USA Football Youth Tackle Coach Certification become eligible for coaching insurance benefits.



KEY COMPONENTS

CONCUSSION RECOGNITION & RESPONSE

Education is the first step to help protect players from concussion. Heads Up Football provides coaches and parents with resources developed by the CDC to know what to look for on the field and how to respond to concussion symptoms.

HEAT PREPAREDNESS & HYDRATION

Keeping athletes hydrated and prepared to play in the heat is important. Receive targeted education on prevention, recognition, and treatment on all aspects of heat and hydration.

SUDDEN CARDIAC ARREST

Sudden cardiac arrest is the No. 1 cause of death for children and teens during exercise. Heads Up Football prepares your program to create plans and procedures in the event of an incident.

PROPER EQUIPMENT FITTING

Improperly fitted equipment can place players at a greater risk for injury. Receive proper instruction on how to fit helmets and shoulder pads.

SHOULDER TACKLING AND BLOCKING

Teaching the proper fundamentals of blocking and tackling is essential to making football better and safer. USA Football's shoulder tackling and blocking progressions deliver consistent terminology and a series of drills to teach youth players to play with their heads and eyes up and reduce helmet contact.

Find out more at
usafootball.com/headsup.



2017 YOUTH HEADS UP FOOTBALL CHECKLIST

Heads Up Football is a USA Football initiative to make our sport better and safer. It is a comprehensive array of resources to advance player health and safety through education and nationally endorsed standards. Heads Up Football implementation is a multi-step process beginning with an organization enrolling in the

program, nominating a Player Safety Coach (PSC) and requiring its coaches complete USA Football's Youth Tackle Coach Certification. USA Football will train one PSC per organization in-person to prepare that person to train their coaching staffs and ensure that Heads Up Football's components are employed organization-wide.

KEY FEATURES



Youth Tackle Coach Certification



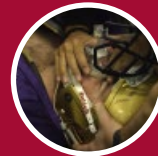
Player Safety Coach (PSC)



Concussion Recognition & Response



Heat Preparedness & Hydration



Sudden Cardiac Arrest



Proper Equipment Fitting



Shoulder Tackling & Blocking

EDUCATIONAL COMPONENTS

CHECKLIST

- Complete online Heads Up Football enrollment at usafootball.com/headsup
- Nominate Player Safety Coach (PSC)
- Upload Certificate of Insurance
- Verify details on *My Organization* web page on your dashboard at usafootball.com.
- PSC completes Youth Tackle Coach Certification or Recertification then attends PSC Clinic annually.
- Share Organization ID link with coaches (available on *My Organization* web page)
- All coaches create a USA Football account
- All coaches order and complete Youth Tackle Coach Certification or Recertification Quiz annually
- All head coaches attend Heads Up Coaches Clinic led by trained PSC
- Parents and players attend Heads Up Parent Safety Meeting led by trained PSC and/or their teams' head coaches
- Track your organization's adoption of Heads Up Football on your *My Organization* web page.