







Eastside Crusaders Concussion Awareness and Prevention Program (EC-CAPP)






What is EC-CAPP?


EC-CAPP is a program-wide commitment on the part of Eastside Crusaders Junior Football coaches, players and parents to reduce the number and severity of concussions incurred by our participants. This reduction will be accomplished through the following:

-  Education of ECJF membership,
-  Use of the best available equipment,
-  Teaching proper techniques and fundamentals,
-  Promoting safer play during practices and games.

Education of ECJF membership

-  All ECJF members (players, parents and coaches) will attend a mandatory concussion awareness program and sign a Concussion Information form acknowledging the nature, symptoms and risks of concussion.
-  All players will sign a “Teammate Pledge” promising to inform a coach if they or one of their teammates appears hurt, disoriented or exhibits any signs of a potential concussion.
-  Carry The Card – During every practice and game, at least one coach on each team will be tasked to “Carry the Card”. The Card lists all signs of a potential concussion as well as symptoms of most injuries that would be encountered on the field of play.

Use of the Best Available Equipment

-  Recognizing that no piece of protective equipment can eliminate the risk of concussion, ECJF will strive to provide the best available equipment to our players. Players with prior history of concussion/ head trauma will be given first priority for this equipment.



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- ❏ ECJF will establish a minimum standard for, and require the use of, mouthguards that have been shown to secure and cushion the jaw and reduce impact at the base of the skull.
- ❏ Weekly inspection of all helmets to ensure proper fit and mouthguards to ensure that they are not damaged or modified in a manner that would impair their effectiveness.

Teaching proper techniques and fundamentals

- ❏ All ECJF coaches will attend mandatory training on proper tackling techniques and instructed on how to teach these techniques.
- ❏ Every ECJF teams will devote a portion of practice each week during the entire season to teach and reinforce proper tackling technique.
- ❏ Implement a rigorous program to strengthen neck muscles.

Promoting safer play during practices and games

- ❏ Limit the amount of contact in practices to 1/3 or less of practice time.
- ❏ Reduce or eliminate drills where hitting is the only purpose as well as those drills which may incur direct head-to-head contact from over 3 yards away.
- ❏ ECJF will be an advocate for change within Northwest Junior Football League (NJFL) for strict enforcement of late hit, headfirst contact and defenseless player rules.
- ❏ Promote education of NJFL referees to encourage them to throw penalty flags for instances of dangerous play and have a “quick whistle” in situations where an immobile player could be subject to excessive contact.

For more information: <http://www.cdc.gov/concussion/HeadsUp/youth.html>