



# The LMAA & Youth Football

## “A Culture of Safety”

We, the LMAA Board, are parents first and football board members second. We strongly believe in creating an environment that is as safe as realistically possible for every one of our young athletes, including our own children. We take this responsibility seriously. While we acknowledge there is some risk in participating in athletics, we believe that The Lake Minnetonka Athletic Association is mindful stewards of the young people playing this game. We invite you to take a closer look at how we do things and engage us in a discussion should you have ideas that can further enhance player experiences

### Situation

Ensuring our athletes are provided the safest environment possible to learn, demonstrate their skills and have fun.

- Lake Minnetonka Association Rules – ensures the needed skills are managed by age and increase over time. 9-man football, no blitzing, no live kicks at any level
- Referees – Majority of Refs work at High-school and collegiate level
- Coaches Identifiable Certification – Trusted Coaches (Background Check, Dual Goal Coaching, Concussion Training, USA Football, LMAA Rules)
- Practice Planning – Limits “Full Contact” exposure during practice and focuses on technique

### Accountability

Ensuring the expectations of the LMAA are understood and followed.

- In-Season Sunday Calls – feedback from referees and coaches is reviewed after each gameday. Any concerning reports are reviewed with the parent association and related parties with the LMAA board
- Practice Monitoring – Practices are monitored to ensure they align with the contact rules defined by USA Football

### Fundamentals

Teaching our athletes to play the game confidently by building their basic techniques. “Toughness comes from being confident in knowing how to play the game”

- USA Football – All coaches are USA Football “Heads Up” certified
- Practice Equipment – In many of our associations, the equipment necessary to teach the new techniques of the game (tackle wheels and half round bags)
- Coaches Camp – During the summer coaches are provided the opportunity to learn the new techniques on the field with experienced instructors

### Emergency Response and Recovery

When all else fails and unfortunate events occur we are prepared to respond

- EMTs – Most of our Practices and all of our games are attended by EMT’s trained in the latest concussion identification protocols and report to the association
- Return to Play – following a diagnosed concussion, athletes must be cleared by a medical professional and then complete a 5 step return to play protocol before being cleared for contact.

