

Safety Tips for Football

The NCAA is steadily progressing with their Injury Survey System, which will be of great value identifying injury trends in many sports. Initial data on football from this year should be of interest to our member schools:

Between 65 and 90% of all heat illness occurs in football, and >90% occurs during 2 a-days.

Approximately 50% of all football injuries (for the entire season) occurred during multiple practice days during preseason.