



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

## Greetings,

The “Terms and Conditions” contract language for Heads Up Football has been approved by the Risk Management groups. While we all understand the delay in getting the "Terms and Conditions" contract language resolved has cost us valuable time, we can now move forward with training sites and dates.

Schools have multiple options for meeting the football coaches training requirement.

The requirement only includes head coaches for this coming fall, so a school would only need to have one coach trained and then that coach could provide the necessary information to the other coaches.

Options for schools to meet the WIAA requirement:

**SCHOOLS WISHING TO UTILIZE OPTION 1 OR OPTION 2 MUST REGISTER WITH USA FOOTBALL NO LATER THAN JUNE 14, 2015.**

### OPTION 1:

**Register your school/school district with USA Football. Each of your coaches would then need to become members of USA Football (\$20 per coach). Identify a coach to attend one of the Player Safety Coach clinics that will be offered throughout the state. That coach would then provide the information to the rest of your coaches.**

Here are dates and sites for scheduled Player Safety Coach clinics with more that are TBD.

Wentachee WA – Eastmont HS, Saturday – May 23<sup>rd</sup>  
Pasco WA – Chiawana HS, Sunday – May 31<sup>st</sup>  
Sedro-Woolley WA – Sedro-Woolley HS, Saturday – June 6<sup>th</sup>  
Vancouver WA – Discovery MS, Kiggins Bowl, Saturday – June 6<sup>th</sup>  
Renton WA – Seahawks VMAC, Saturday – June 20<sup>th</sup>  
Spokane WA – Mead HS, Saturday – June 20<sup>th</sup>  
Renton WA – Seahawks VMAC, Saturday – June 27<sup>th</sup>  
Vancouver WA – Prairie High School, Saturday – July 25<sup>th</sup>  
South Puget Sound WA TBD  
Olympic Peninsula WA – Port Angeles HS – TBD  
Everett WA - TBD

Enrollment for USA Football’s High School Heads Up Football® program is now available for the 2015 season.

1. The attached is the negotiated agreement that should be signed by any schools in that desire to participate in Heads Up Football®. Executed agreements should be returned to [membership@usafootball.com](mailto:membership@usafootball.com).
2. Schools that desire to sign up for HUF still need to go through the registration portal: [http://www2.usafootball.com/register/commissioner\\_highschool/add](http://www2.usafootball.com/register/commissioner_highschool/add)
3. In the registration portal, it will require the member to sign the membership agreement. Have the member type: **“See modified agreement”** and then write **“VOID”** on the signature line.
4. In the registration portal, the member can **bypass** the **upload a certificate of insurance step** as you are sending a master cert with a list of all the participating schools;
5. If there are any questions, **please call our membership line: 317.614.7752.**

Once your organization is enrolled, here are the next steps to focus on:

Nominate a Player Safety Coach. This person will be trained by USA Football and will lead the implementation of Heads Up Football within your organization. He or she should be an experienced, senior-level coach on the staff or administrator who has earned the respect of your coaches and parents and is committed to a better, safer game.

## **OPTION 2:**

**Contact USA Football to have them send a trainer to your school/school district to train all of your coaches. There is an additional cost associated with this option. Here is the information from USA Football regarding costs:**

It is **\$40 per coach** (includes USA Football membership) to put all coaches through the **full Player Safety Coach (PSC) Clinic**. The cost of a local Master Trainer and Assistant Master Trainer is included in the \$40 per coach fee.

If a) a high number of coaches need to be trained (i.e. more coaches than a local MT & AMTs can handle) resulting in more staff needed OR b) there is no viable local MT so travel cost is required, we will need to charge the clinic host beyond the \$40 per coach. Therefore, each of these types of All Coach PSC Clinics will need to be priced individually. Hopefully, the clinic will stay at the \$40 per coach rate, but more charges could be incurred by the host. This type of clinic will meet the PSC requirement for all coaches in attendance.

Each school will still need to **register online through our wizard** and **nominate a PSC** even though they plan to train all coaches. Our system requires that each school names a PSC and that is the person who will receive PSC communications from us.

Lastly, schools who request these All Coach PSC Clinics will need to **sign the Addendum Agreement** and that it also **requires a 50% deposit** at the time of signing.

The host is responsible for **securing the facility** and **providing lunch** for their coaches.

### **OPTION 3:**

**Develop your own school district approved training which includes;**

- Safer tackling techniques and drills
- Proper equipment fitting
- Concussion recognition, response and return to play protocol
- Heat preparedness and hydration
- Sudden Cardiac Arrest awareness, recognition and response

**Schools developing their own school district approved training should work with their school districts risk management group as they proceed.**

Here are links to sources of information:

**Concussion:**

<http://www.cdc.gov/headsup/youthsports/>

**Concussion:**

<http://www.wiaa.com/subcontent.aspx?SecID=623>

**Sudden Cardiac Arrest:**

[http://nfhslearn.com/tools/guest\\_preview?preview=true&preview\\_token=847e583c610b99388f4dd52c5949f53a](http://nfhslearn.com/tools/guest_preview?preview=true&preview_token=847e583c610b99388f4dd52c5949f53a)

**Sudden Cardiac Arrest:**

<http://usafootball.com/blog/heads-football/national-conference-dr-jonathan-drezner-leads-discussion-sudden-cardiac-arrest>

**Heat Preparedness:**

<http://nfhslearn.com/courses/34000>

**Heat Preparedness:**

<http://ksi.uconn.edu/emergency-conditions/exertion-heat-illnesses/exertional-heat-stroke/>

**Proper Equipment Fitting:**

<http://www.wiaa.com/ardisplay.aspx?ID=1297>

**Safer Tackling Programs:**

<http://www.practicelikepros.com/>

**Safer Tackling Drills:**

<http://www.seahawks.com/video/2014/07/28/seahawks-tackling>

**Safer Tackling Clinic:**

University of Washington Football

**If a school can't get a coach to any of the trainings available this spring and throughout the summer, we will work with that school to make accommodations.**

### **QUESTIONS?**

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