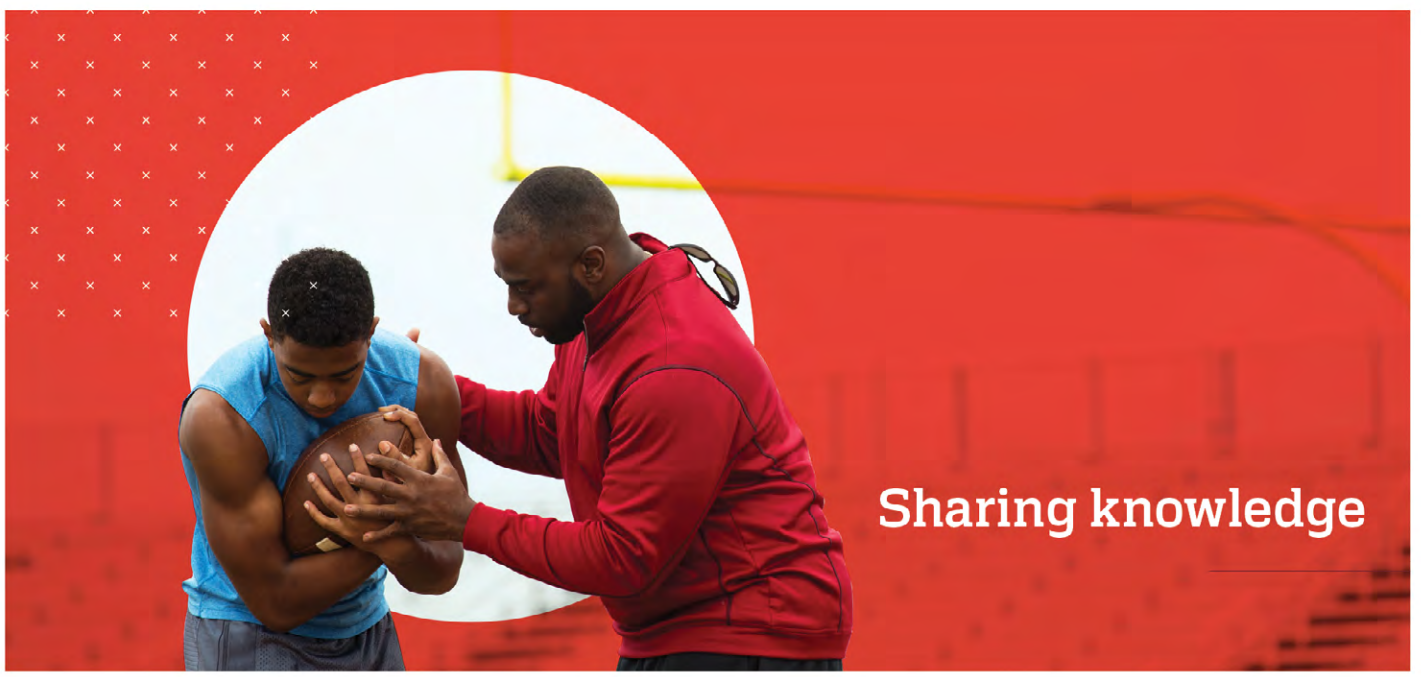


— OVERVIEW



Sharing knowledge

THE NFL'S EFFORTS GO BEYOND THE LEAGUE

The NFL and its partners are sharing best practices and collaborating to advance athlete health and safety.

[see what's new in 2019](#)

Touching the broader football community

The NFL Foundation is a nonprofit organization dedicated to improving the lives of those touched by the game of football. The NFL Foundation – in conjunction with the NFL’s 32 clubs – supports the health, safety and wellness of athletes across all levels, including youth football and the communities that support the game.



This year, the NFL and the National Athletic Trainers’ Association (NATA) announced funding for ‘Team Up for Sports Safety’, a Korey Stringer Institute (KSI) led advocacy effort for high school sports best-practice policies.



Best practices for school sports

This year, the NFL and the National Athletic Trainers’ Association (NATA) announced funding for ‘Team Up for Sports Safety,’ (TUFSS) a Korey Stringer Institute (KSI) led advocacy effort for high school sports best-practice policies.

The TUFSS initiative builds on research published by KSI in 2017, which examined existing state mandates to assess their inclusion of best-practice policy recommendations for catastrophic injuries in sports. KSI found that many state policies do not include even the most widely-accepted standards. Simple, cost-effective strategies can prevent nearly all deaths, but currently no state meets 100 percent of the minimum best-practice standards.

International sports leaders gather to collaborate

With a common goal to improve athlete protection and care, the NFL – along with the National Hockey League, Australian Football League, Canadian Football League and World Rugby – participated in an international collision sports conference for more than 15 organizations from around the world. The leaders compared procedures and protocols, shared research findings and applicable learnings, and worked to identify future opportunities for research and collaboration with the aim of furthering the common goal of improved player health and safety at all levels of the affiliated sports.



“There is a tremendous amount of excellent work going on across sports and collectively we are committed to advancing athlete welfare on and off the field of play.”

-DR. MARTIN RAFTERY

World Rugby Chief Medical Officer



NFL – NCAA football safety meeting

The NFL and NCAA hosted a joint meeting that brought together medical staff from schools in the SEC, ACC, Big Ten, Big 12, and Pac-12, the NCAA Sport Science Institute and the NFL to share information across levels of football, and best practices intended to keep players and student-athletes as safe as possible.

The two-day session focused on a range of health and safety topics including concussion prevention and treatment; injury reduction plans; mental health and wellness; equipment innovation; and opportunities for further collaboration.

“Through sharing the changes we’ve made on and off the field to enhance player safety, we find continued opportunity to advance health and safety at all levels of the game.”

-DR. ALLEN SILLS

CONTINUING EDUCATION

Furthering education for treatment on the field

The NFL is continuing its work to provide its clubs with educational materials that aim to enhance player health and safety. There will always be more work to be done to better understand and treat sudden illnesses on the field, and the league relies on experts to share best practices for how to help quickly identify and treat them.





Preventing and treating exertional heat stroke

In collaboration with the University of Connecticut's Korey Stringer Institute (KSI), the NFL distributed a video to its clubs that reviews best practices for treating exertional heat stroke. In the video, Dr. Douglas J. Casa, PhD, CEO of the Korey Stringer Institute (KSI) and Professor of Kinesiology at the University of Connecticut, provided step-by-step guidelines designed by KSI to prevent, identify, assess and treat exertional heat stroke – a severe condition characterized by a body temperature above 105 degrees and signs of central nervous system dysfunction.

“This is, of course, an important issue for our clubs, but it is equally important for teams at any level – youth, high school and college – to be aware of the signs and symptoms of heat-related illness so they can take action to prevent and treat it.”

-DR. ALLEN SILLS

NFL Chief Medical Officer

Action plan for sudden cardiac arrest (SCA)

In partnership with Dr. Jonathan Drezner, Team Physician for the Seattle Seahawks and Director of the University of Washington Center for Sports Cardiology, the NFL distributed a video on the recognition and management of SCA in athletes. SCA is a condition in which the heart abruptly stops beating. Dr. Drezner emphasized that team medical staff should be prepared not only to recognize the signs of SCA, but to react quickly if a player exhibits those signs and initiate the rescue protocol until EMS arrives.

