

**CITY OF EL PASO, TEXAS**  
**AGENDA ITEM DEPARTMENT HEAD'S SUMMARY FORM**

**DEPARTMENT:** Parks and Recreation

**AGENDA DATE:** November 1, 2016

**CONTACT PERSON/PHONE:** Paula Powell, Assistant Director Parks and Recreation (212-1709)

**DISTRICT(S) AFFECTED:** All

**STRATEGIC GOAL:**

Goal 4 - Enhance El Paso's Quality of Life through Recreational, Cultural, and Educational Environments;

**SUBJECT:**

Update, presentation and discussion of Youth Football rule changes concerning reducing the risk of concussion to El Paso young athletes.

**BACKGROUND / DISCUSSION:**

The City of El Paso Parks and Recreation Department conducted an analysis of current rules in youth football to reduce the risk of concussions of young athletes. This analysis involved UTEP, local football coaches, parents and players. A review of best practice rules for youth sports through national governing bodies associated with youth football, as well as medical trends and research, resulted in five rule changes to implement in fall 2016. There was a positive front page article in El Paso Times on February 26, 2016.

A presentation was made to the Parks and Recreation Advisory Board on March 14, 2016, with no changes requested. City Council briefings were also conducted week of March 7, 2016.

A presentation was made to City Council on March 21, 2016 and an update was requested. Update will include: Updated policies in other sports; checklist of outdoor sports areas; safety changes in gyms; data collection-showing results; and Next steps.

**PRIOR COUNCIL ACTION:**

NA

**AMOUNT AND SOURCE OF FUNDING:**

N/A

**BOARD / COMMISSION ACTION:**

N/A

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\*\*\*\*\*REQUIRED AUTHORIZATION\*\*\*\*\*

**LEGAL:** (if required) \_\_\_\_\_ **FINANCE:** (if required) \_\_\_\_\_

**DEPARTMENT HEAD:** T. Norale

**APPROVED FOR AGENDA:** \_\_\_\_\_

**CITY MANAGER:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



# Reducing the risk of concussions update

## Agenda Item 25.1



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## Rule Changes for Youth Football 2016

Reducing the risk of Concussion for our young athletes

### **Strategic Goal Linked to this Project**

Goal 4-Enhance El Paso's Quality of Life through Recreational, Cultural and Educational Environments.

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## Rule Changes for Youth Football 2016

Reducing the risk of Concussion for our young athletes

- March 14, 2016-Presentation to Parks and Recreation Advisory Board
- March 21, 2016-Presentation to City Council on Rule Changes

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## Rule Changes for Youth Football 2016-RECAP

Reducing the risk of Concussion for our young athletes

1. Concussion training
2. Limit the number of games
3. Reduce number of hits for players in middle school football
4. Players limited to city leagues only
5. The Mighty Might Division modified to 6-7 year old players only

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One last quote from USA Football's Matt De Luzio that summarizes program.

- "These standards are so important in protecting not only our game but the kids who play our game," he said. "El Paso will be an example that we will use many times over for other parks and recs that run similar sized programs throughout the country."

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## City Council Requests from LRC on 3/21/16

### Youth Football Rule Changes 2016-UPDATE

1. Establish a Return to Play Protocol
2. Concussion Policy Update
3. Educational-online class



# Return to Play Protocol

Established Protocol used for 2016 season

## Three Action Steps:

1. Educate Officials, Coaches, Parents and Athletes: Inform and educate officials, coaches, athletes and their parents and guardians about concussion through training.
2. Remove Athlete from Play: An athlete who is believed to have a concussion is to be removed from play right away.
3. Obtain Permission to Return to Play: An athlete can only return to play or practice after at least one week and with permission from a medical doctor.

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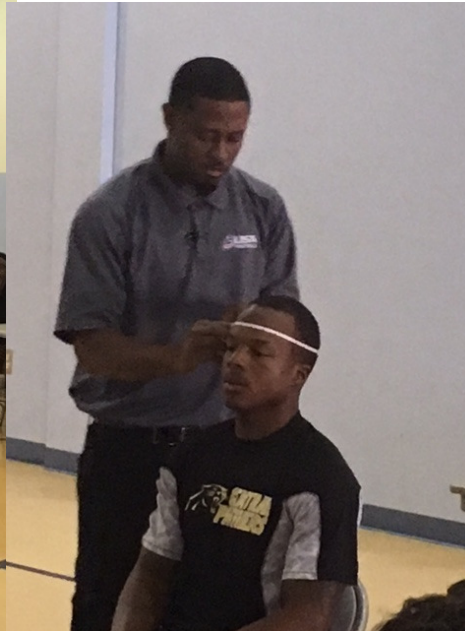
## Concussion Policy update

- Updated policies in all other sports
- Developed Inspection checklist of outdoor sports areas
- Developed safety changes in gyms
- Working with UTEP on Data collection-  
showing results



# Concussion Policy-Update-Coaches training

Update on concussion rules for FY16



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## Concussion Policy Update

Update on concussion rules for FY16

- Some of the changes we have made include:  
Mandatory Face Mask and padded score tables



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# Educational On-Line Class

Parks English (en) ▾

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## El Paso Parks and Recreation

### MAIN MENU

Site news

### NAVIGATION

Home

Site news

▸ Courses

### Available courses

Parent Online Training



The Parks and Recreation Department for the City of El Paso are mandating this concussion training for all coaches and parent's of youth sports participants. We want to ensure safety is the priority for all of our athletes.

Welcome to the El Paso Parks and Recreation Online Learning Management System...

### CALENDAR

October 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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## Concussion Policy-Next Steps

### Update on concussion rules for FY16

- Complete MOU with UTEP
- Analyze Data
- Continue making adjustments to rules
- Complete online classes
- Continue Education campaign



# Questions



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