Re: Safe Contact

Memo To: Football Alberta members
From: Brian Fryer, Executive Director, Football Alberta

As members of football associations across the country, we are all aware of how positive the game of football can be for our youth. But like any sport our kids play, it is incumbent on the organizers and coaches to teach young athletes how to play the game safely. In order to continue our commitment to safety we are now implementing a plan to ensure that over the next few years that all member coaches across Canada can safely teach tackling and blocking using Safe Contact principles as well as receive important safety education and awareness. The first phase of the rollout requires all head coaches to become Safe Contact trained while the second phase requires all remaining coaches to receive the training.

To become Safe Contact trained, one must first take www.Coach.ca free e-learning module Making Head Way in Football and by the completion of the Safe Contact NCCP module.

Cost

- **$89.25** (includes GST)
- Includes in-class Safe Contact training, materials & on-field instruction

Safe Contact requirement implementation details:

- All teams and clubs have until March 31, 2016 to have 50% of their coaches along with all head coaches Safe Contact trained.
- Teams and clubs have until March 31, 2017 to have their remaining coaches Safe Contact trained.
- Any new coach has a year from when they first step onto the field to become Safe Contact trained.

About Safe Contact

This past year Football Canada teamed up with the Canadian Football League (CFL) to improve the Safe Contact program. An integral part of Football Canada's National Coaching Certification Program, Safe Contact teaches safe tackling and blocking techniques along with safety education and awareness. For additional information about the program please visit www.SafeContact.ca.

Frequently Asked Questions (FAQ)

How does a coach become Safe Contact trained?

Step 1: Take "Making Head Way in Football" e-learning module through coach.ca's "the locker" (requires free account). (link here: http://www.coach.ca/making-head-way-concussion-elearning-series-p153487%20/)
Step 2: Register for upcoming Safe Contact training through provincial association.
Step 3: Take Safe Contact course.

Who does the Safe Contact requirement apply to?

The Safe Contact training requirement applies to all Football Alberta and Football Canada members. Members of Football Canada are members through their provincial football association. Hence membership at the provincial level includes membership to Football Canada.

How do I sign-up for Safe Contact?
Coaches can register for Safe Contact by contacting their provincial football association or by registering for a session in their area by visiting www.SafeContact.ca. If a clinic is not found in your area, please contact your provincial football association, Football Alberta (780-427-8108).

What does Safe Contact teach?
Safe Contact teaches football fundamentals such as blocking and tackling along with safety education and awareness.

Why Teach Safe Tackling?
The Safe Contact tackling technique creates fundamentally sound tacklers which is a critical element of football. This technique emphasizes making contact with the chest and front shoulder while the primary technique taught in Safe Contact carries over to all situational tackles. The technique also increases defensive turnovers.

What is Safe Tackling?
This technique teaches tacklers to keep their head up and initiate contact using the chest and front of the shoulder pads. It emphasizes using the hips and hands to generate power through the tackle. The posture as well as angle of the ball carrier will determine which approach the tackler takes towards the ball carrier.

How is Safe Tackling taught?
Safe Tackling teaches the skill of tackling through a reverse progression module. The skill is broken down into four components that are taught from least complex to most complex. Each stage of the progression model is also taught using a whole-part-whole method meaning that the whole skill is first demonstrated before being broken down into its individual elements. Following working on the individual elements of the movement separately, the whole technique is then put back together.

What is Safe Contact Blocking?
Safe Contact Blocking technique emphasizes making primary contact with the hands. This technique creates fundamentally sound blockers which is a critical element of football. The primary blocking technique taught in Safe Contact carries over to all situational blocking. The technique also carries over to all positions.

About the "Safe Contact Blocking" technique
This technique teaches blockers to keep their head up and initiate contact during blocks using their hands. It emphasizes using the hips and hands to generate power through the block. The posture as well as angle of the tackler will determine which approach the blocker takes towards the tackler.

How is Safe Blocking taught?
Safe Blocking teaches the skill of blocking through a reverse progression module. The skill is broken down into four components that are taught from least complex to most complex. Each stage of the progression model is also taught using a whole-part-whole method meaning that the whole skill is first demonstrated before being broken down into its individual elements. Following working on the individual elements of the movement separately, the whole technique is then put back together.