

SYSTEMATIC SAFETY MEASURES IN KANTO COLLEGIATE FOOTBALL ASSOCIATION IN JAPAN

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Introduction

In early period in American football games in Japan, we had many serious injuries (head or neck) including cases of fatality. The rate of occurrence of fatal accidents is much higher than those in the United State 1). From the background mentioned above, Kanto Collegiate Football Association (KCFA) Medical Committee was established to construct systematic safety measures for players in 1991. The purpose of this study is to estimate the effect of the systematic measures to prevent serious injuries.

Method

Since 1991, KCFA Medical Committee started to conduct systematic measures for safety (in a year) as follows; 1. Game doctor system, 2. Medical seminar for players, 3. Lecture for student trainers, 4. Lecture for coaches, and 5. Annual meeting of medical science for American football 2). We investigated occurrence of serious head injuries from 1991 to 2010 to estimate the effectiveness of those systematic measures for safety.

Results & Discussion

From 1991 to 2010, there were 20 cases of serious head injury including 3 cases of fatality. Most cases involved an acute subdural hematoma. Comparing the earlier seasons with later seasons, there was a decrement in the incidence of serious head injuries. After 2004, we had no cases of serious head injury.

Conclusion

It was suspected that these systematic measures for safety by KCFA Medical Committee were effective for preventing the serious injuries in American football players.

References

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