

Name _____

Turf, Grass, and Player Safety: A Look at American Football Surfaces

Short Answer Key

1. Artificial turf is popular because it's durable and can withstand heavy use. It provides a consistent playing surface, regardless of the weather.
2. One piece of protective gear that football players wear is a helmet.
3. Proper tackling techniques are essential in football to minimize the risk of injuries, particularly head and neck injuries. Players are taught to use their shoulders and wrap up opponents rather than leading with the head.
4. The purpose of medical personnel on the sidelines during a football game is to evaluate and provide immediate care to injured players.
5. Conditioning and training help reduce the risk of injuries in football by improving players' physical fitness, strength, speed, and agility. This prepares them to withstand the physical demands of the game and reduces the likelihood of getting injured.

