

HELP KEEP ATHLETES SAFE *from* CONCUSSIONS AND OTHER SERIOUS BRAIN INJURIES



Remind your athletes to tell coaching staff right away if they think they have a concussion or that a teammate has a concussion.



Make sure that athletes follow the rules for safety and the rules of the sport.



Encourage athletes to practice good sportsmanship at all times.



Keep the Heads Up Action Plan at all games and practices.

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www.cdc.gov/Concussion