HELP KEEP ATHLETES SAFE from CONCUSSIONS AND OTHER SERIOUS BRAIN INJURIES

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

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

SPORTSMANSHIP
Encourage athletes to practice good sportsmanship at all times.

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

LEARN more AT: www.cdc.gov/Concussion