

ACTive™ Concussion Prevention Tips

You can't totally prevent concussion, but below are some things you can do to minimize the risk.

- **Before the season begins:**

- Have good concussion management policies in place, including a Return to Activity Plan.
- Communicate with your players, their parents, and your staff about the signs, symptoms, and dangers of concussion.

- **During the season:**

- Follow the game plan.
 - When in doubt, keep 'em out.
 - Stand tall. Make the call.
 - Get your player to an appropriately trained healthcare provider.
 - Inform his/her parents immediately.
 - No play without okay.
- Carry the Clipboard Sheet at all games and practices.
- Make sure equipment is fitted properly, well maintained, and used correctly.
- Teach and insist upon good techniques for your sport, so players can avoid injury.
- Be strict about enforcing the rules—in the game and in the locker room.
- Insist on good officiating.