



Eight Ways to Reduce Brain Injury Risk In Football

While there is no way to make football, or any contact or collision sport, completely concussion-risk free, there are a number of ways the risk of brain injury in football can be minimized:

- 1** Requiring pre-participation physical evaluations of all players on a yearly basis, with a special emphasis on the taking of a detailed concussion history;
- 2** Equipping players with properly fitted and maintained helmets;
- 3** Training players to tackle and block without using their helmets;
- 4** Enforcing existing rules against helmet-to-helmet contact, overly aggressive and dangerous play, and unsportsmanlike conduct;
- 5** Enacting new evidence-based rules to further reduce concussion risk;
- 6** Encouraging players to maintain peak physical condition and strengthen neck muscles;
- 7** Reducing total brain trauma through sensible, evidence-based limits on full-contact practices; and
- 8** Expecting, modeling, and reinforcing safe play. Parents, coaches, teammates, and even spectators can together reshape the sports culture.

#TeamUp4Concussion Safety: Together, parents, coaches, players, and fans can create a culture of Concussion Safety.

For more information about the Smart-Teams Play Safe™
#TeamUp4ConcussionSafety Program, visit www.Concussions.Smart-Teams.org