

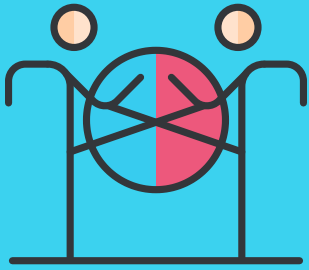


Brain Health for Athletes

Keep Brains Healthy and **P.L.A.N.T.**

Play fair. **L**imit contact. **A**void hits. **N**otice gear. **T**each skills.

1



Play fair and respect your fellow athlete.

2



Limit and control contact in practices

3



Avoid hits to the head

4



Notice defective equipment and wear gear that fits right

5



Teach safe techniques and skills