

**youth football x and pdf**

Get prepared for the new season. HEADS UP Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion.

**HEADS UP to Youth Sports | HEADS UP | CDC Injury Center**

Learn how to recognize and respond to a concussion, be alert for other serious brain injuries, and how to safely return to school and sports. Watch these videos to get pointers from professional athletes, tips from concussion experts, and stories from real-life teens and their parents.

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