

## **Attention all parents and athletes**

For those who are involved in the sport of football, Please be aware,

### **NO FOOTBALL HELMET CAN REDUCE OR PREVENT CONCUSSIONS!**

A recent investigation by the U.S. Congress has found that many of the leading helmet manufactures were guilty of misleading claims in order to sell helmets.

Development of neck and shoulder strength and the use of correct tackling techniques, in addition to a form fitting mouth guard are the only things shown to reduce the chances of a concussion.

There is no prevention; everyone is at risk if you participate in sports.