



USA Hockey / Team Up Against Concussions Week
Instructions for District Safety Coordinators

Instructions:

1. Sign up online [here](#) to have a Team Up Against Concussions speech card and wristband mailed to you.
2. Designate a player on a team to be the team's "Concussion Legacy Captain" and give the player the speech card and wristband.
3. Film videos of Captains giving the Team Up Against Concussions Speech to their team.
 - a. Videos should be shot horizontally rather than vertically, if possible.
4. Have Captain take a selfie with the team after the speech.
5. Send video/selfie to CLF's Brandon Boyd in any of the following ways:
 - a. Email him at bboyd@concussionfoundation.org
 - b. Text him at (425) 753-4380
 - c. Upload content to [this Google Drive folder](#)

The speech (also on the speech card):

We're a team and teammates look out for each other.

A teammate with a concussion needs your help.

I expect you to speak up to me, a coach, or an athletic trainer if you think a teammate has a concussion.

Questions?

Contact Brandon Boyd from CLF at bboyd@concussionfoundation.org.