

Safety Information/Links

ACL Injury Handout

https://www.nata.org/sites/default/files/acl_injury_handout.pdf

ankle sprain handout

https://www.nata.org/sites/default/files/ankle_sprain_handout.pdf

Asthma-vcd-eilo-handout

<https://www.nata.org/sites/default/files/asthma-vcd-eilo-handout.pdf>

bullying-hazing-handout

<https://www.nata.org/sites/default/files/bullying-hazing-handout.pdf>

cheerleading-safety-handout

<https://www.nata.org/sites/default/files/cheerleading-safety-handout.pdf>

concussion-handout

<https://www.nata.org/sites/default/files/concussion-handout.pdf>

cultural-competence-handout

<https://www.nata.org/sites/default/files/cultural-competence-handout.pdf>

environmental-cold-injuries-handout

<https://www.nata.org/sites/default/files/environmental-cold-injuries-handout.pdf>

Dental-injury-handout

<https://www.nata.org/sites/default/files/dental-injury-handout.pdf>

Face-Head-Protection-handout

<https://www.nata.org/sites/default/files/face-head-protection-handout.pdf>

Football helmet fitting

<https://www.nata.org/sites/default/files/football-helmet-handout.pdf>

Hamstring Injuries

<https://www.nata.org/sites/default/files/hamstring-injuries-handout.pdf>

Hydration/Heat Illness handout

https://www.nata.org/sites/default/files/hydration_heat_illness_handout.pdf

How to be an Ally

<https://www.nata.org/sites/default/files/how-to-be-an-ally-handout.pdf>

Injury Nutrition

<https://www.nata.org/sites/default/files/injury-nutrition-handout.pdf>

Lightning Safety

https://www.nata.org/sites/default/files/lightning_safety_handout.pdf

Mental Health

https://www.nata.org/sites/default/files/mental_health_handout.pdf

Overuse Injuries

https://www.nata.org/sites/default/files/overuse_injuries_handout.pdf

Patellofemoral Pain

<https://www.nata.org/sites/default/files/patellofemoral-pain-handout.pdf>

Shin Splints and Stress Fractures

<https://www.nata.org/sites/default/files/shin-splint-stress-fracture-infographic.pdf>

Power of Sleep

<https://www.nata.org/sites/default/files/sleep-infographic-handout.pdf>

Effects of Stress

<https://www.nata.org/sites/default/files/stress-handout.pdf>

Weight Management

<https://www.nata.org/sites/default/files/weight-managment-infographic.pdf>
