

77th NATA Clinical Symposia On-Demand

THE EFFECTIVENESS OF FOOTBALL HELMET ADD-ONS AND SOFT-SHELL HEADGEAR TO REDUCE HEAD KINEMATICS AND CONCUSSION

Abstract:

Despite increasing use across professional, collegiate, and high school football, the effectiveness of helmet add-ons, such as Guardian Caps, in reducing the risk of concussion and impact forces remains widely misunderstood, due to limited available evidence and varying test procedures. Of the evidence that exists, there remains disparities between laboratory testing and on-field measures, leading to confounding results. Athletic Trainers are often asked by coaches and administrators to make recommendations and implement policy regarding the use of these helmet add-ons. It is imperative that Athletic Trainers remain up to date on the evidence for these injury prevention products, along with the evidence for non-helmeted headgear, such as scrum caps, in sports such as rugby, flag football, and soccer.

Learning Objectives:

- Explain the methodology of laboratory testing for head kinematics and on-field measures via instrumented helmet and mouthguard technology.
- Compare the recent findings of football helmet add-ons to reduce head kinematics and concussion rates.
- Analyze the evidence of soft-padded headgear for non-helmeted contact and collision sports to reduce head kinematics and injury risk.

Schedule and Format:

Available On-Demand on [NATA EducATe](https://www.nata.org/educate) starting July 31, 2026.

NATA Cancellation/Refund Policy:

Cancellation/refund requests for 2026 Blended Learning sessions must be emailed to membership@nata.org prior to May 31, 2026. Refunds will be credited back to the original payer via the method they were received. Blended learning sessions are non-refundable beginning June 1, 2026. Complete 2026 NATA Symposia Refund Policy Information can be found at [convention.nata.org](https://www.convention.nata.org).



The BOC Approved Provider Name is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

PROGRAM FACULTY AND CREDENTIALS

Ryan Moran
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CONTACT HOURS
(CEUS THAT WILL BE MADE
AVAILABLE)

1.0 CEUs

FEE(S)

Must be purchased as a package

\$499 for Professional Members
\$849 for Nonmembers
\$349 Certified Student Member
\$99 Student Member (no CEUs)
\$0 Retired Certified, Licensed or
Honorary



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