

HELMET FITTING GUIDE

Responsible coaching includes properly fitting equipment



1. CHECKING HEAD SIZE

To get the most accurate circumference measurement, use a cloth measuring tape, fixing the tape approximately one inch above the eyebrows. Guide the tape around the player's head, ensuring the tape remains flat and taut against the player's skin and hair. When the tape has traveled completely around the player's head, determine the helmet's size by the number that appears when the orbit is complete.



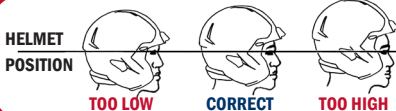
2. PUTTING ON HELMET

Before putting on the helmet, make sure that the correct size appears on the helmet's label. After confirming the appropriate size, the player should hold the helmet with the thumbs over the bottom of the jaw pads and the fingers against the exterior shell. Bring the helmet down at a slight angle, with the jaw pads first touching the temples. For additional leverage, place the index fingers into the ear holds, this should help bring the helmet straight down into position.



3. ADJUSTING HELMET HEIGHT

When properly fitted and adjusted, the front of the helmet should be approximately 1" above the player's eyebrows. For helmets with inflatable Crown Liners, it is important to use an inflation bulb and a well-lubricated inflation needle. When lubricating the inflation needle, do not use petroleum-based lubricants or saliva, as they can weaken the valve material. Glycerin is recommended for lubrication prior to each inflation. Inflate the Crown Liner to adjust the height of the helmet on the player's head.



4. ADJUSTING FRONT-TO-BACK & SIDE-TO-SIDE OF HELMET

Helmets that contain inflatable liners for a proper front-to-back and side-to-side fit, can be adjusted using appropriate inflation points. Depending on the helmet model, inflation points may differ in location. Add air to achieve a snug, comfortable fit front-to-back and side-to-side.

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5. ADJUSTING FACE PADS

Jaw pads should feel firm against the player's face. If non-inflatable jaw pads look and feel loose - if there is space between the pad and cheek - change to a thicker size. If inflatable jaw pads are installed, the fit can be adjusted with the helmet on the player's head. When the helmet is on the head, inflate the pad at the valve located on the outside of the helmet's jaw flap. Inflatable pads are also available in different thicknesses. Use the different thicknesses to avoid over inflation.



6. CHECKING FOR PROPER FIT

It's important to remember that in a properly fitted helmet, there should be no room for twisting. The skin of the player's forehead should move with the helmet's front pad. If the helmet slides easily over the player's forehead, adjust the fit using the inflatable air liners or try a smaller-sized helmet. A properly fitted helmet should rest approximately 1" above the player's eyebrows. To avoid injury and discomfort, a player should never wear a helmet that is positioned too low or too high. Check for a proper fit by interlocking the hands on top of the helmet and pressing down on the exterior shell. The player should feel pressure on the crown of the head, not the brow.



7. ADJUSTING CHIN STRAP

Using either a soft or hard cup chin strap, buckle the chin strap into the snaps making sure the cup is centered and snug over the player's chin. Chin straps are available in multiple sizes to best fit the player's chin. If the cup offers a loose fit - if it is not firmly pressed against the chin - tighten it until it fits properly. The chin strap is adjustable and can easily be modified to fit the player. With the chin strap buckled, the helmet should feel comfortable and snug.



8. TAKING OFF HELMET

To take off the helmet, unbuckle chin straps and pull the chin cup from the chin. The player should place an index finger into the left and right ear holes of the helmet. Finally the player should press his thumbs into the bottom of the jaw pads, located below the ear holes on the inside of the helmet. This grip will give the player the necessary leverage to lift the helmet straight up and off his head.

WARNING: NO HELMET CAN PREVENT SERIOUS HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL. Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football may result in **CONCUSSION-BRAIN INJURY** which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer and parents. Do not return to a game or practice until all symptoms are gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury. Maintenance of correct fitting is essential to the use of all protective equipment. Football helmets must be fitted and properly maintained if they are to serve the player.