

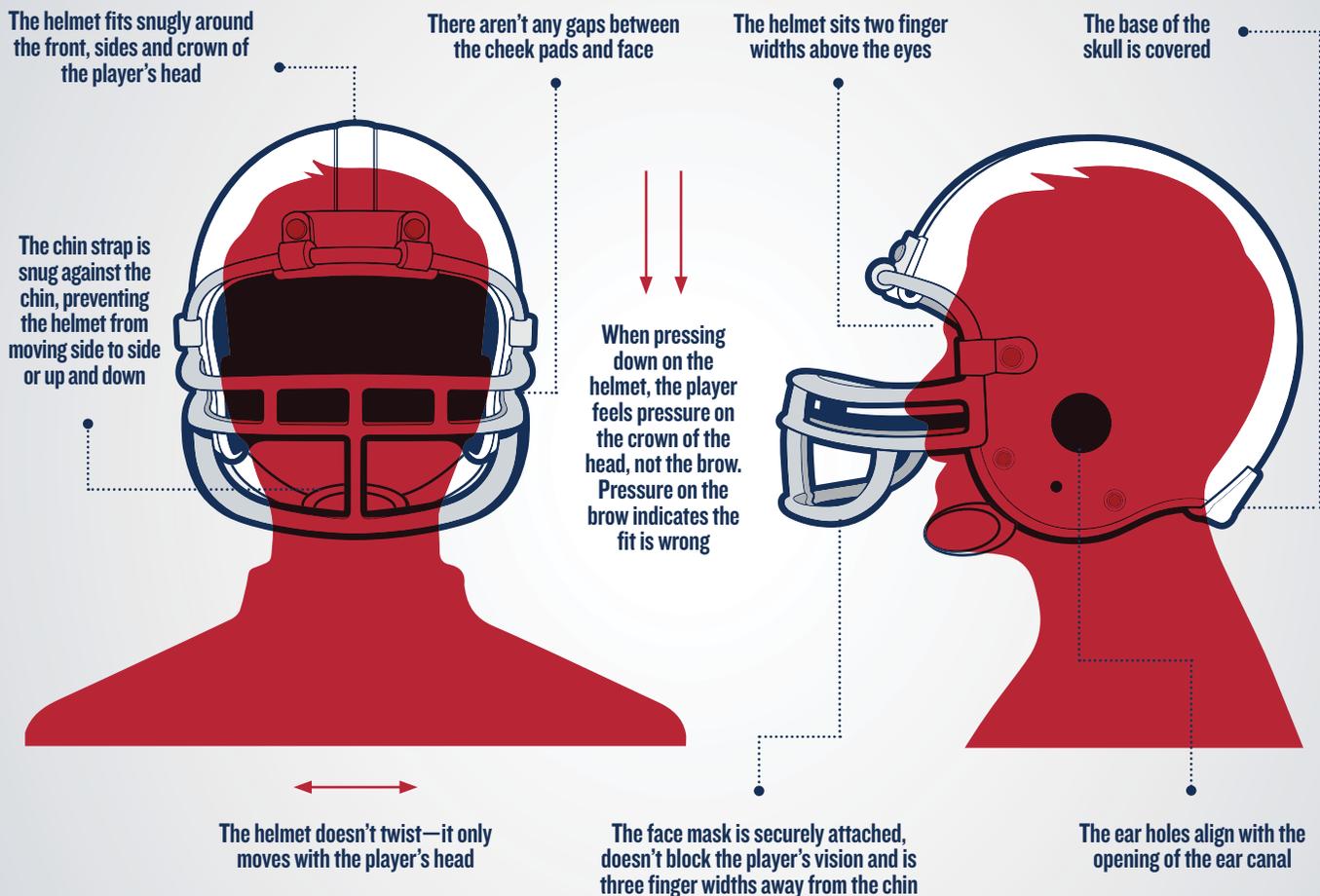
# PROPER FIT = PROPER PROTECTION

*The right football helmet is the first step in safety*

Designed to withstand repeat blows, the football helmet is a player's first line of defense. An ill-fitting helmet puts the player at risk. It's important to thoroughly read and follow the manufacturer's fit guidelines. When in doubt, talk with your athletic trainer or equipment manager to ensure your player is properly protected.

## GETTING THE RIGHT FIT

Measure the player's head circumference 1 inch above the eyebrows and select the appropriate helmet size according to the helmet manufacturer. Make sure the air bladders are inflated. Place the helmet on the player's head and check that:



## PLAYERS, REMEMBER ...

- Inspect your helmet before each use, checking for:
  - Proper fit
  - Damage to the liner, shell or face mask
  - Loose hardware
- **\*Never wear a damaged or ill-fitting helmet**
- Keep your chin strap locked at all times during play
- Multiple factors can impact the fit of a helmet, including (but not limited to):
  - Air temperature
  - Changes in altitude
  - Hair length
  - Damage to air bladder valve