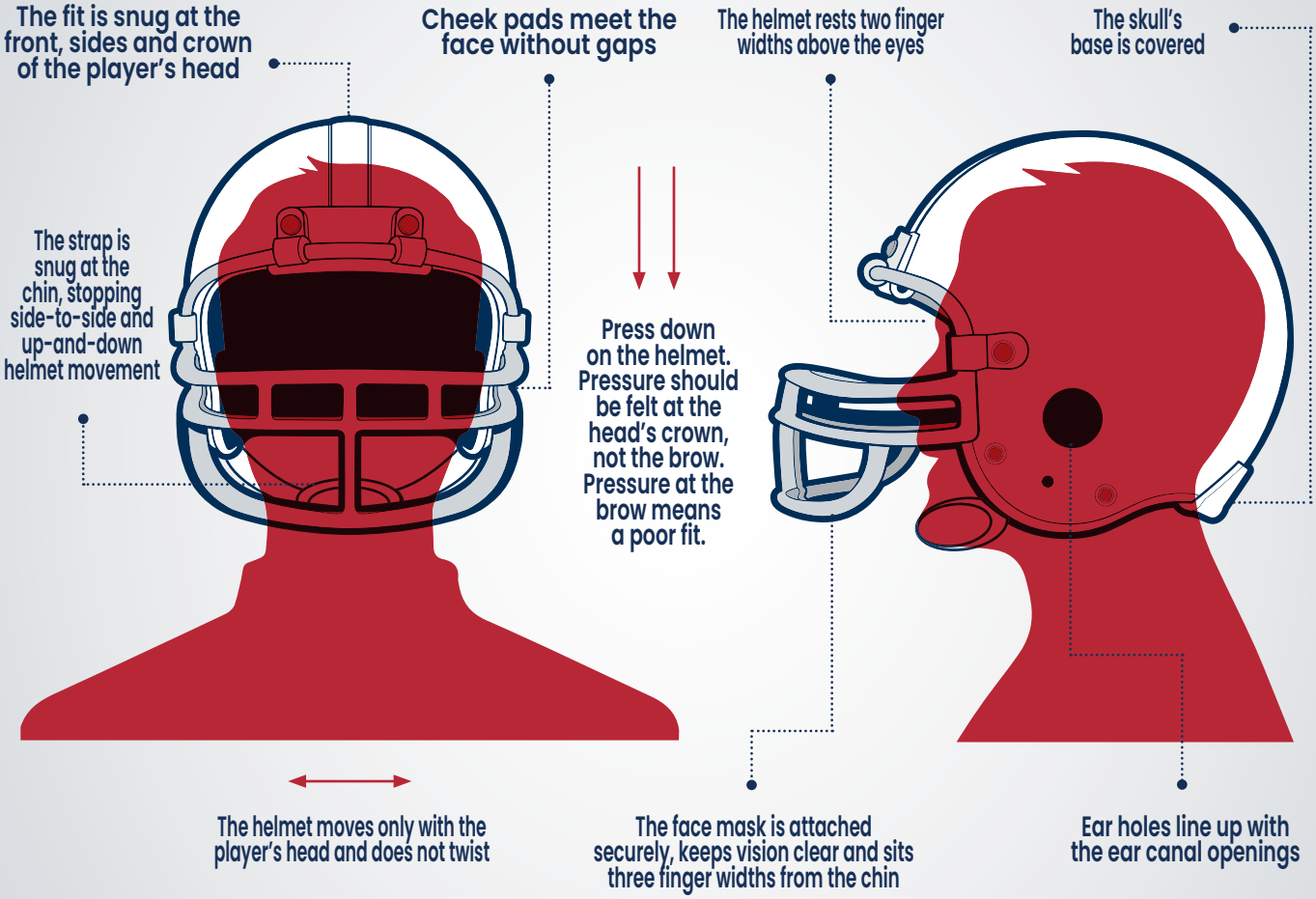
RIGHT FIT = RIGHT PROTECTION

Safety starts with the right football helmet

Built for repeated impacts, a football helmet is a player's first defense. Poor fit puts the player at risk. Carefully read and follow the manufacturer's fitting instructions. If unsure, ask your athletic trainer or equipment manager to confirm that your player is properly protected.

CHECKING HELMET FIT

Measure around the player's head 1 inch above the eyebrows. Choose the helmet size using the manufacturer's guide. Check that the air bladders are inflated, then place the helmet on the player's head and confirm that:



PLAYER CHECKLIST

- Before every use, inspect your helmet for:
  - Correct helmet fit
  - Shell, liner or face mask damage
  - Loose helmet hardware
- ***Do not wear a damaged or poorly fitted helmet***
- Keep the chin strap locked throughout play
- Helmet fit can vary for many reasons, such as:
  - Ambient air temperature
  - Elevation changes
  - Length of hair
  - A damaged air bladder valve

References: "Principles of Athletic Training: A Guide to Evidence-based Clinical Practice," 16th edition; Riddell Fitting Guide; Schutt Helmet Fitting Instructions; USA Football

Infographic by the National Athletic Trainers' Association