

COACH'S FOOTBALL HELMET INSPECTION CHECKLIST

DO NOT ALLOW A PLAYER TO ALTER THEIR HELMET, OR USE A HELMET IF THE SHELL IS CRACKED OR DEFORMED, OR IF INTERIOR PADDING IS DETERIORATED OR MODIFIED. USE ONLY APPROVED PADDING AND REPLACEMENT PARTS WHEN REPAIRING A HELMET.

1. **Read instructions provided** by the manufacturer regarding helmet care and maintenance procedures.
2. **Check each helmet for the exterior helmet warning statement label.** Replace any labels that are difficult to be read, or are missing.
3. **Examine shell for cracks**, *particularly noting any cracks around holes (where most cracks start)*, and replace any *shells* that have cracks. **DO NOT USE A HELMET WITH A CRACKED SHELL!**
4. **Examine all mounting rivets, screws, Velcro, and snaps** for breakage, distortion and/or looseness. **Repair as necessary!**
5. **Examine for helmet completeness**, and replace any parts that have become damaged, such as sweatbands, *interior parts*, nose snubbers, and chinstraps.
6. **Replace jaw pads when damaged or worn.** Check for proper installation and fit.
7. **Replace facemask if bare metal is showing**, if there is a broken weld, or if the mask is misshapen.
8. **Examine chinstrap for proper adjustment**, and inspect to see if it is broken or stretched out of shape. Also inspect chinstrap hardware to see if it needs replacement.
9. **Check helmet fit** for agreement with manufacturer's instructions and procedures.
10. **Never allow anyone to sit on a helmet.**

CAUTION: Only paints, waxes, decals, or cleaning agents approved by the manufacturer are to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and effect its performance and durability.

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CHECK FOR PROPER FIT

*When pushing down on the top of the helmet, **pressure should be felt on the top of the head**, not the eyebrows.

*When strapped on, **the helmet should fit snugly.**

*When twisting the helmet from side-to-side, **the skin on the forehead should move with the helmet.**

***Jaw pads should be snug** against the side of the face.

*There should be approximately **two fingers widths (one inch)** of space from the front of the helmet to the eyebrows.

INSPECT YOUR HELMET BEFORE EACH USE. NEVER WEAR A DAMAGED HELMET!

PADDED STYLE HELMET (FOAM/AIR/LIQUID)

*Check foam padding for proper placement and any deterioration.

*Check for cracks in any vinyl/rubber coverings.

*Check that protective system or foam padding has not been altered or removed.

*Check for proper amount of inflation.

*Check all rivets, screws, Velcro, and snaps to assure they are properly fastened and holding protective parts.

IF ANY OF THE ABOVE INSPECTIONS INDICATE A NEED FOR REPAIR OR REPLACEMENT, NOTIFY YOUR COACH IMMEDIATELY! THIS IS YOUR RESPONSIBILITY!