

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 too worn 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 which 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 face mask if bare metal is showing**, if there is a broken weld, or if the mask is grossly misshapen.
8. **Examine chin strap 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.** This could crush or deform the 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.

PLAYER'S FOOTBALL HELMET INSPECTION CHECKLIST

DO NOT ALTER YOUR 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.

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 eye brows.

*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 of space from the front of the helmet to the eye brows.**

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!