



Mukilteo School District

## FOOTBALL HELMET SAFETY INFORMATION

### High/Middle School

The most important function of the football helmet is to provide the maximum possible protection for the player's head by dissipating and/or absorbing impacts produced by blows upon the player's helmet. Two things must be noted:

1. **The full potential of protection offered by the helmet can only be realized if the helmet is properly fitted to the individual player's head.**
2. **There are no football helmets available now nor in the foreseeable future, from any source, which would be 100% safe under all potential conditions that occur in practice and game play.**

A careful and proper fitting is one of the important keys to maximum shock dispersion. Players should try on several helmets, selecting the one that provides the best fit.

When properly fitted, a helmet should "not" drop forward over the eyes, twist or shift on the head nor "travel" or recoil against the head upon contact. Also, it will not block audibility to prevent the hearing of signals.

Several times during the season, the helmet should be inspected for proper fit. Also, players should not "swap" helmets unless proper fit has been checked. All helmets must display the required NOCSAE emblem as seen toward the bottom of this form.

**WARNING:** 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. No helmet can prevent all head and neck injuries a player might receive while participating in football.

\_\_\_\_\_  
Athlete's signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian's signature

Date: \_\_\_\_\_