

FOOTBALL HELMET INSPECTION

To assist the person responsible for repair and maintenance of helmet, NOCSAE has developed a number of guidelines to observe when inspecting helmets. There may be other things you want to check as this list is not intended to cover every observation which may be made. NOCSAE recommends that a periodic inspection of all helmets be made and that they be periodically retested under the NOCSAE recertification program.

Suggested Inspection Check List

1. Check helmet fit for agreement with manufacturer's instructions and procedures.
2. Examine shell for cracks particularly noting any cracks around holes (where most cracks start) and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, Velcro and snaps for breakage, distortion and/or looseness. Repair as necessary.
4. Replace face guards if bare metal is showing, there is a broken weld, or if guard is grossly misshapen.
5. Examine for helmet completeness, and replace any parts, which have become damaged, such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine chinstrap for proper adjustment and inspect to see if it is broken or stretched out of shape. Also, check hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Always follow these instructions:

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 affect its safety performance.

PLAYERS: Inspect your particular helmet before each usage as follows:

- Check Foam/Air/Liquid
- Check foam padding for proper placement and any deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, and liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check for proper amount of inflation in air padded helmets. Follow manufacturer's recommended practice for adjusting air pressure at the valves.
- 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 and/or replacement, notify your coach. **THIS IS YOUR RESPONSIBILITY.**

NEVER WEAR A DAMAGED HELMET!