Designed to withstand repeat blows, the football helmet is a player’s first line of defense. An ill-fitting helmet puts the player at risk. It’s important to thoroughly read and follow the manufacturer’s fit guidelines. When in doubt, talk with your athletic trainer or equipment manager to ensure your player is properly protected.

GETTING THE RIGHT FIT

Measure the player’s head circumference 1 inch above the eyebrows and select the appropriate helmet size according to the helmet manufacturer. Make sure the air bladders are inflated. Place the helmet on the player’s head and check that:

- The helmet fits snugly around the front, sides and crown of the player’s head
- There aren’t any gaps between the cheek pads and face
- The helmet sits two finger widths above the eyes
- The base of the skull is covered
- The chin strap is snug against the chin, preventing the helmet from moving side to side or up and down
- The helmet doesn’t twist—it only moves with the player’s head
- The face mask is securely attached, doesn’t block the player’s vision and is three finger widths away from the chin
- The ear holes align with the opening of the ear canal
- The helmet fits snugly around the front, sides and crown of the player’s head

Players, Remember …

- Inspect your helmet before each use, checking for:
  - Proper fit
  - Damage to the liner, shell or face mask
  - Loose hardware
- *Never wear a damaged or ill-fitting helmet*
- Keep your chin strap locked at all times during play
- Multiple factors can impact the fit of a helmet, including (but not limited to):
  - Air temperature
  - Changes in altitude
  - Hair length
  - Damage to air bladder valve


Infographic provided by the National Athletic Trainers’ Association