

FOOTBALL HELMET INSPECTION LIST

1. Weekly Football Helmet Inspection Checklist

Coaches, Athletic Trainer or Faculty Equipment Manager
(Compare this checklist to the manufacturer's guidelines)

Players don helmet and buckle chinstrap

Trained Professional(s) Check:

- a. Chinstrap cup centered on the chin, anchoring straps flat and taut, passing under the facemask. Chinstrap buckles with teeth facing up. Straps not loose, stretched or broken. Replace as needed. Snaps in good repair.
- b. Bottom of forehead padding – one inch above the eyebrow. Adjust padding or air in the bladder.
- c. Helmet ear openings aligned approximately with ear canals. Adjust padding or air in the bladder.
- d. Facemask three widths from tip of nose. Check facemask for chipped paint, loose attachments, movement, denting or flattening. Repair attachments, replace dented or chipped masks as needed.
- e. Rear padding covers the bony prominence of the skull. Adjust padding or air in bladder.
- f. Front to back torsion – forehead skin should wrinkle. Helmet should NOT slide forward and down on the nose or backwards on to the neck. Adjust chinstrap, padding or air in bladder.
- g. Side torsion – grasp face mask with both hands and attempt to rotate sideways. Forehead and skin near jaw pads should wrinkle. Player's nose should remain between the anchoring screws that hold the facemask in place on the forehead. Adjust padding, chinstrap or air in bladder.
- h. Examine shell for cracks; examine mounting rivets, screws, velcro and snaps for breakage, distortion or looseness. Replace as needed.
- i. Replace damaged or worn forehead, rear skull and jaw pads.

2. Daily Football Helmet Inspection Checklist

Players Check Your Helmet Before Each Usage As Follows:

- a. Check foam padding for proper placement and any deterioration.
- b. Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- c. Check that protective system or foam padding has not been altered or removed.
- d. Check for proper inflation of air helmets. Follow manufacturer guidelines. Air pressure adjustments are to be made by coaches, trainer or faculty equipment manager.
- e. Check all rivets, screws, Velcro and snaps to assure they are properly fastened and holding protective parts.

IF ANY OF THE ABOVE INSPECTIONS INDICATE NEED FOR REPAIR AND/OR REPLACEMENT, NOTIFY A COACH OR FACULTY EQUIPMENT MANAGER.

**AS A PLAYER, THIS IS YOUR RESPONSIBILITY!!!!
NEVER WEAR A DAMAGED HELMET**

Guidelines of the National Operating Committee on Safety of Athletic Equipment (NOCSAE)
and American Equipment Managers Association

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.