

**FOOTBALL PLAYERS: CHECK THE FIT OF YOUR HELMET EVERY DAY BEFORE PRACTICE**

**FITTING CHECK LIST\* \***

- 1. Buckle up before the mirror.**
- 2. Apply pressure to the top of your helmet - helmet should sit one inch above the eyebrow.**
- 3. Grab the front sides of the helmet and twist-forehead skin should crimp before helmet moves.**
- 4. Great contact with jaw pads.**
- 5. Chin strap centered without slack.**
- 6. See your coach, equipment manager, or trainer if adjustments are necessary.**

**\*\*POST THIS IN EVERY LOCKER ROOM IN THE UNITED STATES\***