

ATTENTION FOOTBALL PLAYERS!!

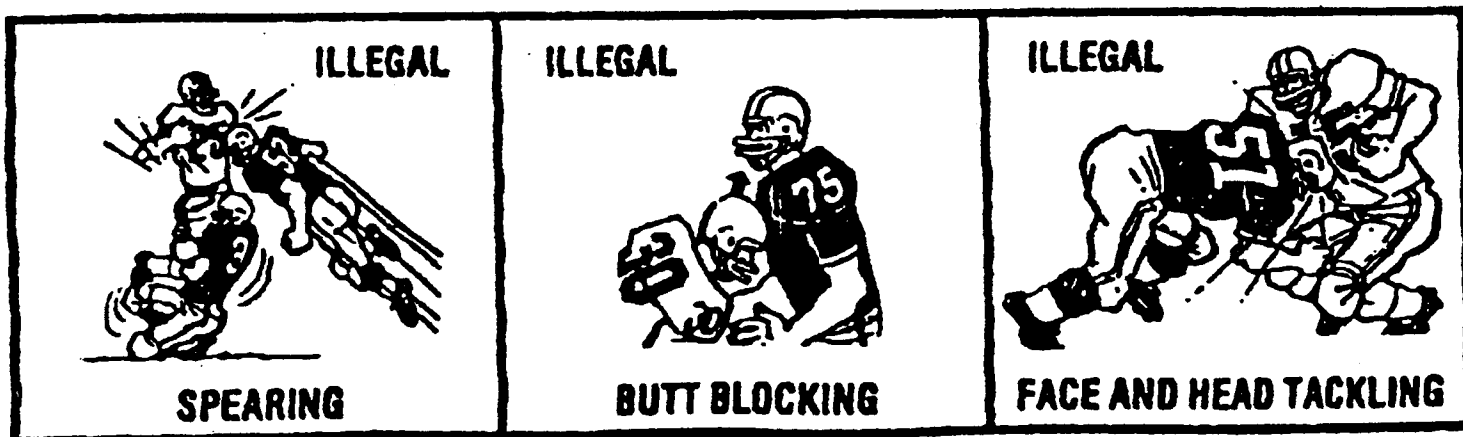
RULES FOR PROPER USE OF THE HELMET

The paragraph below is a statement to each player regarding the proper use of their helmet. This paragraph is required reading by each player. If, after reading the information provided below, you have any questions please see a member of the coaching staff for clarification.

“DO NOT USE THIS HELMET TO BUTT, RAM, OR SPEAR AN OPPOSING PLAYER OR TEAM MATE. THIS IS IN VIOLATION OF THE RULES OF THE GAME OF FOOTBALL AND SUCH USE CAN RESULT IN SEVERE HEAD OR NECK INJURY, PARALYSIS OR DEATH TO YOU AND POSSIBLE INJURY TO YOUR OPPONENT. NO HELMET CAN PREVENT ALL HEAD INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.”

Player _____

Parent _____



THE DANGER IN THESE TECHNIQUES IS THAT TOO OFTEN THE PLAYER'S HEAD IS NOT IN THE PROPER POSITION WHEN CONTACT IS MADE WITH THE OPPONENT. EXECUTED IMPROPERLY (HEAD DOWN), THE NECK IS MOST VULNERABLE TO INJURY. A BLOW TO THE TOP OF THE HEAD WHEN THE NECK IS STRAIGHTENED IS THE MOST FREQUENT CAUSE OF PERMANENT INJURY. ONLY LEGAL TECHNIQUES SHOULD BE TAUGHT OR PRACTICED.