

FITTING FOOTBALL HELMETS

1. The Proper Fitting Procedure

Helmet fitting takes time. The procedure must be well planned and conducted in an atmosphere where the player and the individual responsible for fitting can concentrate on the details of the fit. The fitting session should not be only an exercise in safety but an educational experience with lasting benefits to the player and your program.

- A. All helmets should be laid out according to size. Various sized jaw pads should be grouped to accommodate rapid change. Crown adjustment pads and cervical neck pads should be readily available.
- B. The fitting room should be set up so that the player being fit, the person fitting, possibly an equipment assistant, and no more than two on-deck players be present at one time. Because of the height of many players, fitting can be made easier and exacting if the player is seated on a high stool.
- C. Urge players to maintain a moderate to short hairstyle during the season. Severe changes in hair length call for a new evaluation of the fit.
- D. Players should dampen their hair to approximate their sweat conditions. Towel off excess water.
- E. Each player should be measured with a measuring tape or head caliper at 1" above the eyebrows to determine the size of his head. This measurement will provide the basis for selecting the helmet which will fit each player best. With the right size, you avoid the problem of unnecessary bulk, top-heaviness and bounce which can contribute to inefficient performance on the field.

II. How the Helmet Should Fit

- A. The front of the helmet should sit one inch above the eyebrow. This is the point at which the head was measured and is the point at which you can encompass the largest percentage of head mass.

When pressing the helmet downward with the fingers interlocked on the top of the helmet, the pressure should be on the crown of the head and not on the brow. This is considered a good crown adjustment and should provide good visibility.

- B. The chin strap should be exactly centered and without slack to anchor the helmet properly. The helmet should fit comfortably and snug. The skin of the forehead should move with the sweatband as the helmet moves laterally.
- C. The jaw pads should feel firm against the face.
- D. The suspension should provide firm contact with the maximum amount of head mass and the posterior rim of the shell should cover the brain stem area.
- E. The various components of a good fit must be maintained during play.

III. Players: Check the Fit of your Helmet every day before practice

IV. Fitting Check List **

- A. Buckle up before the mirror.
- B. Apply pressure to the top of your helmet – helmet should sit one inch above the eyebrow.
- C. Grab the front-sides of the helmet and twist – forehead skin should crimp before helmet moves.
- D. Great contact with Jaw Pads.
- E. Chin Strap centered without slack.
- F. See your coach, equipment manager, or trainer if adjustments are necessary.

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By George W. Goodridge A.T.C. E.M.C.

WARNING

Do not strike an opponent with any part of this helmet or facemask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death. Severe brain or neck injury may also occur accidentally while playing football.

Fitting: Inspect equipment and organize it

- Check manufactures rules on how to properly fit each type of helmet
- Have athlete wet their hair, simulate sweat and mat hair down
- Measure head for starting point (not necessary the proper size)
- Select sized helmet
- Observe athlete putting on the helmet
- Check height – 1 finger width above eyebrow
- Check temporal area's – pads should fit snug
- Check neck – compressed or doze
- Ear holes – lined up
- Air up bladder up – bulb up air out, bulb down air 2 to 4 pumps
- Push down on helmet – pressure on crown of head, not forehead
- Rotate helmet side to side – should pull skin of forehead
- Pull anteriorly on back of helmet and rotate up
- Put cheek pads in to fill up space
- Fit chin strap – solid plastic 4 straps

FITTING FOOTBALL SHOULDER PADS

By George W. Goodridge A.T.C. E.M.C.

Shoulder pads are to protect the shoulder, upper back, and chest region from contusions.

DOES NOT prevent gleno-humeral dislocation
 Prevent all acromio-clavicular separations
 Prevent all brachial plexus syndromes

Many different brands, styles, and types all are fundamentally the same

Shoulder pad components:

- Shell or Arch – the plastic body of the shoulder pad
- Epaulet – flap to spread force
- Cup or Cap – covers deltoid & humerus
- Clavicle or AC Channel – the most important
- Cantilever – gives shape for the arch spreads force through the arch
- Padding system – body of pad
- Collar – neck, trapezius area
- Deltoid pad – protects deltoid
- Fitting – Inspect & organize, double lace all shoulder pads
- Check manufacturer rules on how to fit
- Fit with athlete in a t-shirt only
- Know any pertinent medical history about shoulders, neck, upper back, chest
- Measure from shoulder tip to shoulder tip, or AC joint to AC joint
- Find out what position they play & select appropriate pad
- Have athlete put on pad
- Quick check for sizing - @ ½ “ over each deltoid
- Strip Up!
- Check up Channel
- ½” over the deltoids
- Proper coverage - Sternum
 Anterior shoulder
 Collar
 Deltoid caps & pads
- ROM – Hands over head
 - Get in football stance
 - Swing arms
- Make sure pad fits nicely and snugly to body.
- Thin chest-broad shoulder athlete
- Pre-loading shoulder pad
- Use spacer (spider)