Objectives
- Discuss the features of the football helmet
- Discuss the proper steps for fitting the football helmet
- Discuss the features of the football shoulder pads
- Discuss the proper steps for fitting football shoulder pads

Chapter 7

Fitting Protective Equipment:
Football helmet, shoulder pads, & mouthguard

Football Helmets
- Hard shell exterior
- Foam padded liner inside
- Inflatable cells
- Cheek pads
- Chin strap
- Face mask

Helmet Manufacturers
- Ridell
- Schutt

Helmet Manufacturer Standards
- Governed by NOCSAE
  - National Operating Committee on Standards for Athletic Equipment
Helmet Manufacturer Standards

NOCSAE Warning Statement
- Required on ALL NOCSAE approved helmets
- WARNING: Do not strike an opponent with any part of this helmet or face mask. 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. NO HELMET CAN PREVENT ALL SUCH INJURIES. USE THIS HELMET AT YOUR OWN RISK.

Fitting the Football Helmet

Measure the head according to manufacturers guidelines to determine approximate helmet size
- S  < 6.5,  < 20 3/8"
- M  6.5 – 7
  20 3/8" – 22"
- L  7 – 7.5
  22" – 23 1/2"
- XL  7.5 +
  23 1/2" +

Have the athlete put the helmet on
- The athlete's hairstyle should be similar to that worn throughout the season
- Hair should be wet to simulate game/practice environment

The helmet should
- fit snugly around all parts of the athlete’s head (front, sides, & crown)
  - there should be no gaps between the pads and the head or face cover the base of the skull
  - cover the base of the skull
  - sit ¾” above the players eyebrows

Slight adjustments in fit can be accomplished through adding air to the air cell chambers
Questions on Helmet Fitting?

Football Shoulder Pads
- Hard shell exterior
- Foam pad liner
- Epaulets
- Shoulder cup
- Breast/back plate
- Strap system

Football Shoulder Pads
- Designed slightly different for different positions
  - QB vs. LB vs. OL

Fitting Shoulder Pads
- Measure shoulder width according to manufacturer's guidelines
  - S 16” – 17”
  - M 17” – 18”
  - L 18” – 19”
  - XL 19” – 20”
  - 2XL 20” – 21”

Fitting Shoulder Pads
- Make sure shoulder pad covers the tip of the shoulder
- Epaulets & cups cover the deltoid muscle
- Pads allow movement required by the athlete's specific position
Fitting Shoulder Pads

- Check neck opening to allow the athlete to raise the arm overhead but not allow the pad to slide back and forth
- If using a split-clavicle pad, make sure channel corresponds clavicle and AC area
- Straps should secure pads but not constrict soft tissue

Questions on Fitting Shoulder Pads?