“Proper Shoulder Pad and Football Helmet Checklist”

Some tips when fitting a helmet:

- Helmet should be snug (front, back, sides and crown)
- It should cover the base of the skull, but not impinge the spine when the neck is extended
- The crown of the helmet should be 1-2 finger widths above the eyebrows
- When you push straight down on the helmet, it should not cover the eyes
- The jaw pads should not have any gap between them and the face
- Grasp the facemask and pull left to right…it should not slip
- Grasp the facemask and pull up and down…it should not slip
- The chin strap should have equal tension and length on both sides
- The **helmet should be inspected generally each day, but more thoroughly each week**

Some tips when fitting shoulder pads:

- Measure across the upper back from the “AC” joint of the shoulder to the opposite AC joint
- The tip of the shoulder pad should extend over the outside of the shoulder
- The pads should cover the shoulder blades, sternum, collar bones and extend 2 inches below the nipple line
- The neck opening should not impinge the soft tissues of the neck or slip when the arms are raised to the side
- Arm pit and chest straps should be snug
- **Pads should be inspected weekly**

The helmet and shoulder pads are required in football to help prevent injuries from occurring. They help to protect the head, face, neck, shoulder and chest. If they are not fit properly and worn correctly, they can result in additional injury.