

# HELMET FITTING/4

## CHECKING FIT



### TO ENSURE A PROPER FIT:

- The skin of the forehead should move with the front pad.
- There should be no room for twisting. If helmet slides easily over the forehead, inflate helmet liners or try a smaller helmet.
- Interlock hands on top of the helmet and press down.
- Player should feel pressure on crown of head, not brow. Pressure on brow indicates improper fit.
- Front of helmet should be approximately 1 inch above the eyebrows. To avoid injury or discomfort, never wear a helmet positioned too high or too low.