GREATER MONCTON FOOTBALL ASSOCIATION

RECOMMENDED PROCEDURE FOR FOOTBALL HELMET FITTING SESSIONS

The GMFA has a responsibility to ensure the safety of their players. That begins with making sure their equipment fits properly before they even set foot on the field. Every player is someone's child.

These steps are to be followed when fitting helmets:

1. Measure the circumference of the athlete's head and select the helmet using the following guidelines:

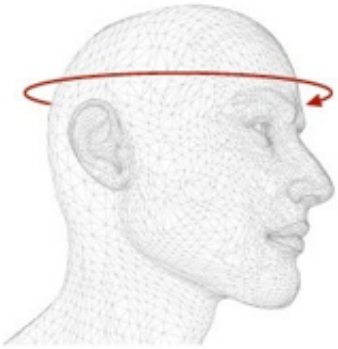
HOW TO CHOOSE YOUR HELMET SIZE

HOW TO MEASURE YOUR HEAD

Wrap a measuring tape around your head, just above the eyebrows. Note the measurement at the point of overlap.

If you do not have a measuring tape, simply use a piece of string and mark the point of overlap, then measure the string with a ruler.

Use the size chart to establish the size helmet you should wear.



SIZE CHART

SIZE	HEAD CIRCUMFRENCE	
S	Up to 20 3/8"	Up to 51.75cm
M	20 3/8" to 22"	51.75cm to 55.88cm
L	22" to 23 1/2"	55.88cm to 57.15cm
XL	23 1/2" and up	57.15cm and up

If you are between helmet sizes, choose the smaller size.
Due to varying head shapes, sizes are only RECOMMENDATIONS.

2. It may be beneficial to wet the athlete's hair prior to fitting the helmet. Water applied to the hair by a damp cloth or spray bottle will make the initial fitting easier and will also approximate game and practice conditions when the player is perspiring.

3. Check to see if the player's ear openings are centered in the helmet ear openings or above / below center:
    a. If the helmet's ear openings are too high, the helmet may be too small, or the inner liner is over-inflated; or
    b. If the helmet's ear openings are too low, the helmet may be too big, or the inner liner is under-inflated.

4. Check to see that the eyebrows are approximately 1-1 ½" (2.5-4.0cm) below the helmet's front rim. A general guide is to use 1-1 ½ finger widths.
    a. If there is a gap of more than 1", generally the helmet is too small; or
    b. If there is a gap of less than 1", generally the helmet is too large.

5. Try to rotate the helmet from side-to-side. Ask the player to “bull” their neck. Grab the faceguard in the middle and attempt to move the helmet from side-to-side. There should be some movement of the forehead skin and hair with the helmet, but it should not slip. Using the centre loops on the faceguard as a guide, the nose should stay within a line directly down the centre of the helmet and the centre of the loop. If the nose moves to the right and left beyond these loops, generally the fit needs to be adjusted or the helmet is too big.

6. Check the crown adjustment of the helmet. Ask the player to clasp their hands over the crown of the helmet and push straight down. The pressure should be felt on the crown. This test also cross-checks the eyebrow test.

7. Check the forehead pressure and back-to-front fit. Have the player rotate their hands down to the rear of the helmet (after the crown test). Keeping their hands clasped together, they should attempt to push the helmet forward. Usually a gap of a finger-width or less between the forehead and front sizer is acceptable.

8. Check the jaw pads to see that they fit correctly. They should be neither undersized nor oversized. They should follow the contours of the cheeks.

9. Check the chin strap fit. The function of the chin strap is to hold the helmet in place. Make sure the cup is centred on the point of the chin and all four straps have the slack taken out. Begin fitting with the back or lower chin strap first. It is important that the high hook-up chin straps go underneath the facemask.

10. Check the faceguard. There should be adequate spacing between the faceguard and the tip of the nose.

11. Check the fit in the rear of the helmet. The occipital lobe should be covered by the shell. The rear of the helmet should cradle the neck. It should not chafe from a tight fit, nor leave a large gap from a loose fit.

12. Check the player’s vision, both peripherally, as well as up and down. Peripherally, the player should be able to track a finger about 180°; up and down to about 75°.

** HELMETS SHOULD BE CHECKED BEFORE EVERY PRACTICE/GAME TO ENSURE THEY HAVE SUFFICIENT AIR – ADJUST AS NECESSARY **