

Administrative Regulation

Athletic Protective Equipment, Guidelines for

The principal is responsible for staff adherence to the following guidelines for selection and use of athletic protective equipment. The athletic directors at each school shall be responsible for organizing programs of in-service training for all coaches relating to issuing, fitting, and inspection of protective equipment. All varsity coaches and the school equipment supervisor must be involved.

A. Football

1. The head varsity football coach is responsible for the inventory and inspection of protective gear.
2. The purchase orders for all helmets must be approved by the Office of Business Services to ensure compliance with insurance standards prior to purchase of the equipment.
3. Fitting and issuing football protective gear is the responsibility of the coach in charge of each particular team.
 - a. Guidelines for fitting of football helmets:
 - (1) Measure head circumference using measuring tape approximately 1" above eyebrows. Select the proper helmet size.
 - (2) Check helmet for proper size. Hold helmet with thumbs in earholes of the shell and fingers pointing toward the helmet top. Spread and bring helmet down toward head at a slight angle with jaw pads first touching at temples. Roll helmet back slightly and bring down straight into position.
 - (3) Check for proper fit. Place both hands with fingers interlocked on top of helmet and press down. Put on a chin strap. The helmet should fit comfortably and snugly. Check for rotation. The skin on the forehead should move with the sweatband. If the helmet slides easily, try the next smaller size helmet.

- (4) Check jaw pads. Jaw pads should feel firm against face. If loose, change to thicker pad; if tight, use thinner pad.
 - (5) Take off helmet. Place thumbs in earholes of helmet with hands on helmet. Bring helmet straight up until jaw pads reach temple; then begin to lift and roll helmet backwards, using the nape of the neck as a fulcrum.
 - b. All helmets must be NOCSAE approved.
 - c. Shoulder pads and hip pads should be checked, when issued, for proper fit.
 - d. Football players should be furnished with four-point chin straps if financially feasible.
 4. Helmets must be purchased with face mask attached.
 5. Only those companies authorized to place the NOCSAE stamp of approval will be allowed to recondition football helmets.
- B. Other Sports
1. The head varsity coach will be responsible for the inventory and inspection of protective equipment.
 2. The sports to which particular attention should be given are:
 - a. Baseball - batting hats, shin guards, chest protectors, cups
 - b. Softball - batting helmets, shin guards, chest protectors
 - c. Field Hockey - shin guards, etc.

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