



# **GLENDALE COMMUNITY COLLEGE**

## **Helmet Warning Label**

In an effort to warn players of the risk of injury, the NOCSAE Board of Directors has developed a warning statement, model adaptations of which are found on all football, baseball/softball batting and lacrosse helmets. The statements are a part of each standard and are intended to warn participants of the possibility of severe head or neck injury despite the fact a certified helmet is being worn. The helmet is designed to help protect the head. Neither, football, baseball/softball batting, or lacrosse helmets can protect the player's neck.

NOCSAE urges that the warning statement be shared with members of the football, baseball, softball and lacrosse squads and that all coaches alert participants to the potential for injury. The wording of the warning statement as set forth in the NOCSAE standard is a general suggestion and may change from time to time.

For more information on NOCSAE or standards regarding athletic headgear please visit the NOCSAE website: <http://nocsae.org/index.html>

## **Example of a Football Helmet Warning Label**

### **WARNING!**

Keep your head up. Do not butt, ram, spear, or strike an opponent with any part of this helmet or facemask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death and possible injury to your opponent. Contact in football may result in **CONCUSSION/BRAIN INJURY** which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop and report them to your coach, trainer, or parents. Do not return to a game or contact until all symptoms are gone and you receive medical clearance. Ignoring this warning may lead to another more serious or fatal brain injury.

**NO HELMET SYSTEM CAN PROTECT YOU FROM SERIOUS BRAIN AND/OR NECK INJURIES INCLUDING PARALYSIS OR DEATH. TO AVOID THESE RISKS, DO NOT ENGAGE IN THE SPORT OF FOOTBALL.**

## **Example of a Softball/Baseball Helmet Warning Label**

### **WARNING!**

No helmet can completely prevent all head injuries or any neck injuries a player might receive while participating in baseball or softball. Severe head or neck injury, including **paralysis** or **death** may occur to you despite using this helmet. Do not use this helmet if it is cracked or dented or if the interior padding has deteriorated. For proper protection this helmet should be fitted correctly.