

RISK COMMUNIQUÉ

ATTENTION FOOTBALL PLAYERS

HELMET USE AND POTENTIAL FOR INJURIES

PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN ENHANCE THE SAFETY OF THE GAME BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL AND WHICH CAN CAUSE SERIOUS INJURY.

DO NOT USE THE HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND SUCH USE CAN RESULT IN SEVERE INJURY, TO YOU MORE THAN TO YOUR OPPONENT. STATISTICS SHOW THAT THESE TECHNIQUES CAN RESULT IN PERMANENT PARALYSIS BELOW THE NECK (QUADRIPLEGIA). NO HELMET CAN PREVENT ALL HEAD AND NECK INJURIES A PLAYER MIGHT RECEIVE. THE RISK OF HEAD AND NECK INJURY TO A PLAYER IS GREATLY INCREASED WHEN HE USES HIS HELMET AS THE PRIMARY POINT OF CONTACT.

THE DANGER IN THESE TECHNIQUES IS THAT TOO OFTEN THE PLAYER'S HEAD IS NOT IN THE PROPER POSITION WHEN CONTACT IS MADE WITH THE OPPONENT. EXECUTED IMPROPERLY (HEAD DOWN), THE NECK IS MOST VULNERABLE TO INJURY. A BLOW TO THE TOP OF THE HEAD WHEN THE NECK IS STRAIGHTENED IS THE MOST FREQUENT CAUSE OF PERMANENT INJURY. ONLY LEGAL TECHNIQUES SHOULD BE PRACTICED.

I have read the above information carefully, and fully understand the dangers of using my helmet improperly. I also received a helmet inspection sheet on how to inspect my helmet before each practice or game.

Signature

Date

This is a sample guideline furnished to you by Glatfelter Public Practice. Your organization should review it and make the necessary modifications to meet the needs of your organization. The intent of this guideline is to assist you in reducing risk exposure to the public, personnel and property. For additional information on this topic, you may contact your GPP Risk Control Representative. www.glatfelterpublicpractice.com