



HELMET SAFETY

Linganore Youth Football (LYF) follows the National Operating Committee on Standards for Athletic Equipment (NOCSAE) as it relates to football helmets. LYF diligently tracks our helmet inventory to determine which helmets have been worn for 2 seasons. Any helmet worn after 2 seasons gets sent for reconditioning. Going forward, any player providing their own helmet will be required to follow these same NOCSAE standards to ensure the safety of our players. Below are the 3 basic steps for any parent that provides their child with a personal helmet. We will be looking for recertification stickers on personal helmets such as the one above. If the helmet does not meet the NOCSAE standard, the player will not be permitted to practice until a certified helmet has been provided.



3 STEPS FOR HELMET SAFETY



KNOW YOUR HELMET

No helmet is concussion-proof.
Proper fit is critical.
Do not alter or change.



MAINTAIN YOUR HELMET

Recondition and recertify helmets every 1-2 years.
Replace after 10 years.



PRIORITIZE SAFE PLAY

Use proper blocking and tackling techniques.
Know the signs and symptoms of a concussion—and report them.
Remember—if in doubt, sit it out.