

# Protective Equipment Fitting Guidelines

## Football helmet

1. The interior of the helmet must be one finger-width above the eyebrow.
2. The forehead pad must fit snugly against the forehead.
3. The cheek pads must fit snugly against the cheeks.
4. The chin strap must be snug and square on the chin.
5. The ear hole must line up with the ear canal.
6. The neck pad must be snug to the head.
7. The face mask must be three finger-widths from the nose.
8. The face mask must be lower than the chin.

## Shoulder pads

1. Measure the chest.
2. Measure shoulders tip to tip across the back and select proper size based on manufacturer guidelines.
3. Secure straps and laces.
4. Check for proper fit.
  - ☐ No pinching at collar.
  - ☐ Foam padding is at least 1 inch above the tip of the humerus.
  - ☐ Ensure the sternum is completely covered.
  - ☐ Front of shoulders should be protected.
  - ☐ Pad should cover scapula and rhomboids in back.
5. Have athlete raise arms overhead to ensure no pinching or sliding of pads.