

Helmet Safety Information

1. A fall from a horse can result in severe injuries.
2. Severe injuries as a result of an impact to the head may include, but are not limited to, concussions, skull fractures, permanent brain damage and death.
3. An ASTM certified helmet might reduce the harmful effects of an impact to the covered part of the head.
4. The ASTM helmet must fit correctly; improper fit is likely to reduce the helmet's protective capabilities.
5. Helmet fit must be adjusted for each wearer.
6. To fit the helmet correctly and safely, make all adjustments prior to mounting.
7. Each wearer's head is shaped differently. The first step in correctly fitting the helmet is to shape the inside of the helmet with the moveable pads under the sweatbands to where the helmet feels secure and comfortable.
8. Next, adjust the chinstrap so that it fits snugly under the chin without discomfort. Then adjust the rear- stabilizing strap as necessary so that it is taut when the helmet is in the correct position. Please ask your coach if you require assistance to do this properly.
9. The resulting fit should be level on the head with all straps having equal tension.
10. The helmet when correctly fitted should not easily roll forward or backward and **should not** be removable unless the chinstrap is unbuckled.

ALWAYS WEAR A CORRECTLY FITTED SAFETY HELMET

I, the undersigned, hereby acknowledge that I have this day received and read the above appropriate safety information concerning the use of ASTM approved riding helmets. I further understand that I should for my own protection and safety wear an ASTM approved riding helmet whenever I am mounted on a horse, pony or other equine.

I further acknowledge that I have been offered the use of such a helmet free of charge and that such a helmet will be available at my request each time I mount at this competition hosted by

IHSA, Inc

I further acknowledge that the decision as to whether to request or to wear an ASTM approved safety helmet each time I mount is my own decision.

Date: May 3-5, 2002

Signature: _____

College: _____

Print Name: _____

SS #: _____