

**FOOTBALL WARNING: HELMET, EQUIPMENT AND TECHNIQUE**

According to the NCAA Sports Medicine Handbook, “all players shall wear helmets that carry a warning label regarding the risk of injury”. This warning is secured to the exterior of the helmet shell and must be visible and legible at all times. This warning label states:

**WARNING**

Do not 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. Severe brain or neck injury may also occur accidentally while playing football.

**NO HELMET CAN PREVENT ALL SUCH INJURIES. YOU USE THIS HELMET AT YOUR OWN RISK.**

The NCAA has identified specific guidelines against a player using their head as a weapon and as the initial point of contact for blocking and tackling.

The equipment issued to you should not be modified, by you in any way. Any potential modifications to your protective equipment must be brought to the attention of the Athletic Training staff in advance, this includes adapting or exchanging helmets, shoulder pads, and adding or deleting neck rolls.

**My signature below indicates that I have read this entire warning and understood it completely.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (Athlete)

**Parent/Guardian must execute form if the athlete is under the age of eighteen (18) years.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (Parent/Guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (Witness)

**Please return to:** Head Athletic Trainer  
c/o Springfield College  
263 Alden Street  
Springfield, Ma 01109

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Phone: (413) 748-3650