

## **KEYSTONE SPORTSMEDICINE HELMET RELEASE FORM**

As an athlete, you are entitled to know that your helmet is a piece of equipment, which must be used in the proper manner. You must understand that the helmet is a protective device and not a weapon.

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. **Use this helmet at your own risk.**

### **ATHLETE'S RESPONSIBILITY**

Along with regular daily use of this helmet, you are also responsible for daily maintenance checks. These daily maintenance checks will help you to ensure the safety of your helmet and provide you with the best protection for you.

1. Upon daily inspection of your helmet, if you notice any parts loose or missing, you are responsible for reporting it to the athletic trainer immediately.
2. You must wear a mouthpiece and chinstrap at all times while using this helmet.

I have read and understand all instructions for the use of a football helmet.

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Athlete's name

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Parent/guardian signature

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Athlete signature

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Date