

# SPRING BRANCH INDEPENDENT SCHOOL DISTRICT

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## Athletic Department

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The following information was read to the \_\_\_\_\_ squad on \_\_\_\_\_  
(Varsity, Jr.Varsity, etc.) (Date)  
in regard to the proper use of headgear's being used by all football players at \_\_\_\_\_  
(School Name)  
in the Spring Branch ISD by \_\_\_\_\_.  
(Coach/Trainer)

Participation in all sports requires an acceptance of risk of possible injury. You as football players can help make the game safer by not intentionally using techniques which are illegal and can cause serious injury.

**DO NOT USE** helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT ALL SUCH INJURIES.**

The danger in these techniques is that too often the player's head is not in the proper position when contact is made with the opponent. Executed improperly (head down), the neck is most vulnerable to injury. A blow to the top of the head when the neck is straightened is the most frequent cause of permanent injury. Only legal techniques will be taught and practiced at all times.

**PLAYERS WHO HAVE BEEN READ THE HELMET WARNINGS WILL SIGN ON THE LINES BELOW:**

**PRINT NAME:**

**SIGNATURE:**

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