Serious head and neck injuries leading to death, permanent brain damage or quadriplegia (extensive paralysis from injury to the spinal cord at the neck level) occur each year in football. The toll is relatively small (less than one fatality for every 100,000 players and an estimated two to three nonfatal severe brain and spinal cord injuries for every 100,000 players), but persistent. These injuries cannot be completely prevented due to the tremendous forces occasionally encountered in football collisions; but, they can be minimized by manufacturer, coach, athletic trainer, and player compliance with accepted equipment standards.

Football helmets are manufactured to withstand repeated blows and high-mass-low-velocity impacts such as running into a goalpost or hitting the ground with the head. Each helmet must have a National Operating Committee on Standards for Athletic Equipment (NOCSAE) certification but this does not mean that it is completely ‘failsafe’.

The following warning statement is placed on the exterior of all football helmets:

**WARNING**

*Do not strike an opponent with any part of this helmet or face mask. 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 may also occur accidentally while playing football.*

**NO HELMET CAN PREVENT ALL SUCH INJURIES.**

**YOU USE THIS HELMET AT YOUR OWN RISK.**

I have read and fully understand the statement above and any questions that I may have will be answered as promptly as possible.

________________________________________
Student-Athlete Signature

________________________________________
Parent/Guardian Signature (if under 18 years of age)

Date