

Helmet Safety

A helmet is the most important piece of protective equipment that an athlete will wear, as it protects the most important part of the body, the head. A properly fitted helmet with an appropriate facemask and mouthguard will help ensure that sport can be enjoyed with a significantly reduced risk of a head injury.

Helmets are designed to protect the head and ears from 2 types of impact:

1. Low energy blows, such as an elbow accidentally striking the helmet.
2. Higher energy impacts, such as the helmet hitting the boards.

Helmets cannot prevent all injuries.

A helmet cannot protect athletes from injuries to the spine.



Hockey Helmets

The Canadian Hockey Association says ...

- All players, on the ice, shall wear a CSA (Canadian Standards association) approved hockey helmet, and approved facemask protector.
- Modification to the helmet in any way will decertify it.

Football Helmets

- Regardless of the brand and styles chosen, all helmets must bear the NOCSAE approval seal and warning label.
- No one helmet system will adequately protect all head shapes.
- The facemask should be considered as part of the helmet.

Bike Helmets

- Check the inside of the helmet for a sticker that displays CPSC, CSA, ANSI or Snell approval for cycling.
- The Alberta Highway Traffic Act states that no person under the age of 18 years shall ride a bicycle without a helmet.

Snowboard/Ski Helmets

- Use a helmet designed specifically for skiing or snowboarding.
- Buy a helmet that meets industry standards, including CEN, ASTM and Snell.
- Bring your goggles in when you buy your helmet. Different goggles and helmets work together differently.

Equipment Safety Checklist

1. Outside the helmet—there are no cracks, chips, or missing pieces in the outer shell.
2. Inside the Helmet—the original foam liner has not been cut, shaved or modified.
3. Attachment points—there is no rust, screws cannot be loosened with fingers
4. Helmet Fit—refer to manufactures description to ensure helmet and chinstrap fit properly.

Any helmet that has been worn during a crash, a fall, or has been hit hard should be inspected by qualified personnel to ensure it is still in good condition.

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