

Arlington Youth Football Association

A.Y.F.A. has purchased protective helmets that are certified by the National Operating Commission for Safety and Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, careful fitting and proper wearing methods are imperative to gain maximum protection from any equipment.

Other player responsibilities include:

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened and that all fasteners are secured to that equipment is properly positioned.
3. Wear outer and undergarments that is appropriate for humidity and temperature.
4. Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. In hot humid weather, players should consume 4-6 glasses of water, with the last consumption at least 30 minutes prior to practice or competition.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. REMOVE ALL JEWELRY.
8. Hair gels or other hair products can damage the padding inside the helmet. Do not use any of these products on any day that you will be wearing your helmet.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases, or medically controlled allergies, must contact your coach immediately.
10. If ill or dizzy, notify your coach immediately. DO NOT PRACTICE.

I hereby waive, release, absolve, indemnify and agree to hold harmless the Arlington School District, Arlington Youth Football Association and any of its elected officers, coaches, participants, or organizers from any liability or claim for any injury or accident or legal claim now or in the future.

Players Signature: _____ Date: _____

Parents Signature: _____ Date: _____