

RAWLINGS

FOOTBALL



NRG

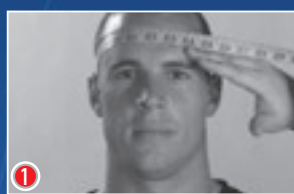
IMPULSE

FIT GUIDE

A football helmet must fit properly in order to provide the protection for which it was designed. Improper fitting can result in serious injury or death to the player and Rawlings disclaims any liability for the improper fitting of football helmets. Rawlings provides the following fitting guide to ensure that the recommended fitting procedures for Rawlings football helmets are understood and followed. Players must be made aware of the importance of the proper fit so they can achieve optimum performance of the Rawlings football helmet.

PRELIMINARY SIZING:

Measure head circumference - Use a cloth tape measure and measure the player's head approximately 1" above the eyebrows around the widest part of the player's head. Next, select the appropriate helmet size range that most closely matches the head circumference measurement (see following size/circumference grid as a reference)



SIZING CHART:

HELMET SIZES	HAT SIZE	HEAD CIRCUMFERENCE
Small	6 - 6 1/2	19" - 20 3/8"
Medium	6 1/2 - 7	20 3/8" - 22"
Large	7 - 7 1/2	22" - 23 1/2"
X-Large	7 1/2 - 8	23 1/2" - 25 1/8"

PUTTING ON THE HELMET:

MOST IMPORTANT, BEFORE HELMET FITTING, MAKE SURE THE PLAYER READS AND UNDERSTANDS THE WARNING STICKERS ON HELMET. PLAYER MUST SECURE APPROPRIATE MEDICAL CLEARANCE PRIOR TO ENGAGING IN THE SPORT OF FOOTBALL.



Ensure the helmet is the proper size - reference the size grid to the size sticker on the rear of the helmet shell.



Hold helmet with index fingers in ear holes and thumbs hooked over the bottom edge of the helmet nearest the jaw pads and pull the helmet on as shown in the accompanying photo.



Pull helmet down over head into the worn position - make sure the player feels the top of the helmet crown with the top of his head.



Next, fasten the chin strap securely, using the mid-high snapped configuration

- Lace the chin straps for the top of helmet snap posts underneath the top facemask bar.
- Buckle top of chin strap into the snaps above the ear holes on both sides of the helmet.
- Center the chin cup on the player's chin and adjust the buckles on the bottom straps so that the chin straps are of equal length on either side of the helmet and the chin cup is firmly fitted on the center of the player's chin.
- Fasten the bottom straps. When properly fitted, the helmet should feel comfortable and fit snugly.

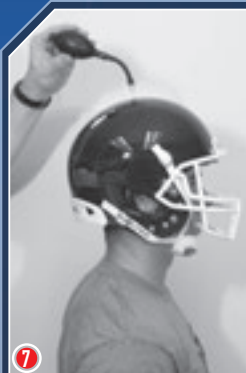


After the helmet is pulled into position and the chin strap fastened, the proper fit would have the front top edge of the helmet, above the player's eyes, to be positioned approximately 1" above the player's eyebrows and the helmet ear hole centered over the player's ear.



Manufacturer Certifies Product Meets **NOCSAE** Applicable Standard

ADJUSTING HELMET FIT:



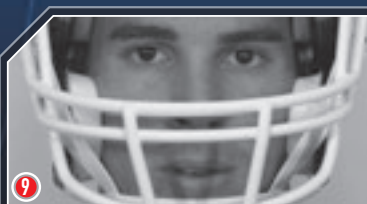
After the helmet is fitted, and chin strap buckled, if the spacing on the forehead is improper (i.e. the gap between the eyebrows and the helmet on the forehead is less than 1" and too low on the forehead or the helmet is too low and not centered properly over the ear hole), minor fit adjustments can be made by air inserted into the C3 Crown Comfort liner. (Note: if the fit on the front of the helmet is such that the gap on the player's forehead is greater than 1", make sure that the C3 Crown Comfort liner is deflated before the helmet is put on).

Using the air pump, insert the needle into the inflation valve port located on top of the Rawlings Impulse helmet. Pump the bulb to insert air. 1 to 3 pumps is recommended. After each pump check the fit spacing on the player's forehead and the ear hole as well as asking the player for feedback regarding the comfort / fit during this inflation adjustment. When done, the fit should be snug, but comfortable. (Note: it may be necessary to re-adjust the length of the chin strap after air adjustment of the C3 Crown Comfort liner. The chin strap fit needs to be secured snugly in the center of the player's chin, but it should not be overly tight).



Proper Use of the Inflation Pump:

- Ensure inflation needle is properly fitted to the end of the inflation pump hose. (note: any standard inflation needle will work with the Rawlings Impulse helmet)
- Use Glycerin to lubricate inflation needle. (note: do not use Petroleum Jelly or Saliva as these will degrade the valve material)
- Apply Glycerin to the inflation needle and insert the needle into the inflation valve.
- Pump the inflation valve bulb to inflate. (note: recommended number of pumps is 1 to 3)
- To deflate, release the valve located on the air hose while the needle is inserted in the inflation valve.
- Remove inflation needle from valve.



Next, check the lateral fit of the helmet. The first step is to check the fit of the jaw pads. Properly fitted the jaw pads should fit snug and comfortably to the player's jaw. If there is a gap, between the pad and the jaw or the pad fit is too tight, Rawlings offers other jaw pad sizes to adjust this fit. (Note: Rawlings standard Impulse jaw pad thickness is 7/8", however these additional sizes are available: 5/8", 1 1/8", or 1 3/8")

ATTACHING RAWLINGS FACEMASK

1. Read all the instructions before beginning to attach a facemask.

2. In addition to the facemask, the hardware listed below is included with the facemask:

- a) 4 ea. Long T-nuts
- b) 4 ea. Combination Head Screws
- c) 4 ea. Mask Straps (snubbers)

If any of these parts are missing, contact your local Rawlings dealer immediately. Be sure to use only hardware supplied by Rawlings.

3. Remove the jaw pads.



4. Place two (2) facemask straps (snubbers) on the top bar of the facemask. Make sure that the flat side of the straps will rest against the outside of the shell.



5. Center the facemask with the helmet and press the facemask straps over the two (2) projecting long T-nuts.

Note: You may have to press against the padding, or directly on the T-nuts, to prevent them from being pushed back into the helmet.

6. Attach the top of the mask using the two combination head screws into the T-nuts. *Do Not Tighten Completely At This Time.*



7. Place the remaining two (2) straps onto each side of the mask, just below the step-bar. Make sure the strap is pointing away from the facial opening and is aligned with the pre-drilled facemask attachment holes on each side of the helmet.



8. Place the long T-Nut through the hole located inside the helmet designated for side facemask straps. The combination head screw should be screwed through the side mask strap into the long T-Nut. Repeat Step 8 on the opposite side of the helmet.



9. Before tightening the four (4) screws, make sure that the facemask is centered and that it is not in a bind. Then tighten the screws completely with 25 pounds of force.

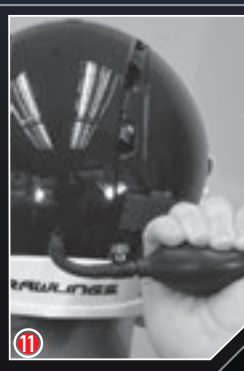
10. Re-install the jaw pads.

11. Re-check all screws to be sure they are snugly fastened.

12. Read the fitting instruction booklet before fitting and wearing the helmet.



Once the jaw pad fit is determined, check the side to side rotation of the helmet upon the player's head. Properly fitted, the skin of the forehead should move with the front pad - there should be no room for twisting of the helmet. During this fitting process, if additional lateral / rear fit adjustments are required, use the air pump to insert air into the inflation valve port located on the lower bottom of the rear of the Rawlings Impulse helmet. Insert the needle into the inflation valve port. Pump the bulb to insert air, 1 to 3 pumps is recommended. After each pump check the helmet fit as well as ask the player regarding comfort / fit during this inflation adjustment. (Note: if after this rear / lateral air adjustment exercise the helmet slips easily from side to side, try the next smaller sized helmet)



CHECKING FOR PROPER FIT:



For the final fit check, regardless of any inflation adjustments, interlock the hands on top of the helmet and press down. Players should feel the pad pressure on the crown of their head and a secure snug fit in the forehead area. Should the player feel excessive pressure, or discomfort, upon their forehead check the inflation of the lateral / rear C3 inflation liner. (Note: Should there be discomfort without inflation adjustments to the lateral / rear inflation port, the next larger helmet size may be needed)

Properly fitted, the helmet should not slip from side to side and the helmet should not move independently of the head. Ask the player about the fit. It should fit snugly without being too tight and the helmet should move only as the player's head moves. The Rawlings Impulse helmet should be checked on a regular basis to see that the inflation system is working correctly. Concerning proper fit, there are several variables to consider, e.g. weather conditions - hot or cold extremes, change in altitude, damage to the C3 liners, or to the inflation valves. Fit checks should be done on a regular schedule to determine whether the proper fit characteristics are being maintained.

Do Not Overtighten Screws

NOTE: If you are attaching a NON-Rawlings facemask, be sure it meets the NOCSAE standard for facemasks and that you follow the facemask manufacturer's instructions for mounting.

⚠ DANGER

Helmet will not prevent all injuries. Severe head, neck and brain injuries may occur to you or another player. You may become paralyzed.

- NEVER butt, ram, or spear.
- This is a dangerous rule violation.
- DO NOT duck or lower head.
- AVOID hits to your helmet.
- DO NOT play football after ANY head injury without doctor approval. Death may occur.
- BEFORE USE, READ fitting booklet

For Fitting Booklet or Questions call Rawlings at 1-800-Rawlings

WARNING: NO HELMET CAN PREVENT ALL HEAD OR ANY NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL. Do not use this helmet or faceguard to butt, ram, or spear an opposing player. This is in violation of football rules and such case can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football may result in CONCUSSION/BRAIN INJURY which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea, or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer, doctor and parents. Do not return to a game or practice until all symptoms have resolved for an extended period of time and you have received written MEDICAL CLEARANCE. Ignoring this warning may lead to additional and more serious or fatal brain injury including potentially fatal second impact syndrome. No helmet system can protect you from serious brain and/or neck injuries including paralysis or death. To avoid these risks, do not engage in the sport of football.

