



**SAFETY  
MINUTE**  
**22  
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# HELMET SAFETY



## What to look for?

- While there is no concussion-proof helmet, the right helmet can help protect your athlete from serious brain or head injury
- Ensure the fit of the helmet and regularly inspect for damage
- Replace any helmet that is cracked, broken, or missing parts
- Check the label for “MEETS NOCSAE Standard” and the manufacture date



## Who can help?

- Parents should ensure the helmet is the correct size and is certified
- A player should not sit or lean on the helmet. Do not store in a vehicle or room that gets too hot or too cold or in direct sunlight
- Coaches should ensure helmets are always worn on ICE and on the BENCH
- ALL COACHES are also *required* to wear a helmet at all times on the ice.



## Learn More?

- More information about ice hockey helmet safety from the CDC can be found at:  
[https://www.cdc.gov/headsup/pdfs/helmets/headsup\\_helmetfactsheet\\_hockey\\_508.pdf](https://www.cdc.gov/headsup/pdfs/helmets/headsup_helmetfactsheet_hockey_508.pdf)
- For research information, please refer to the Virginia Tech Helmet Ratings at:  
<https://www.helmet.beam.vt.edu/hockey-helmet-ratings.html>



The most expensive helmet is not always the safest helmet. Comfort, fit, and proper treatment and care are priceless!