

# HELMET SAFETY

## INFORMATION


 **DO**




 **DON'T**




 **ENSURE THAT** your helmet is an approved, NSAI Standard IS355, helmet with facial guard

 **WEAR AN APPROVED** helmet for **ALL** training sessions and matches

 **ALWAYS CHECK** that your helmet is in good condition

 **TAKE PART IN ANY** game or training session without an approved helmet with facial guard

 **REMOVE/REPLACE** the facial guard with an alternative facial guard

 **MODIFY YOUR HELMET** or facial guard in any way