

# KEEP YOUR FACE AND HEAD PROTECTED



Be it a bruise, laceration, broken bone or damaged tooth, most facial and head injuries are preventable when wearing the proper protective equipment.

Whether mandatory or not, athletes should always wear protective equipment during practice and competition to reduce the risk of injury.

Essential to protection is the fit of the equipment. Reach out to your athletic trainer to make sure your equipment fits properly.



## HELMETS

**Required Sports:** Football, ice hockey, baseball, softball, men's lacrosse

**Designed to:** Prevent skull fractures (not concussion)

**What to Consider:** Helmets should display a sticker from the National Operating Committee on Standards for Athletic Equipment and should be recertified on a regular basis.



## FACEMASKS

**Required Sports:** Ice hockey, men's lacrosse, football, softball (depending on the state)

**Designed to:** Protect the eyes and jaw in hockey and lacrosse; protect the facial bones in football

**What to Consider:** Different positions need different types of facemasks for specific types of protection. For example, the facemask of a football lineman will have a more closed cage than that of a quarterback or receiver.



## PROTECTIVE GOGGLES

**Required Sports:** Field hockey (depending on the state); small-ball sports, such as racquetball and tennis; girls' lacrosse (depending on the state)

**Suggested Sports:** Basketball, football, swimming

**Designed to:** Protect the eyes and surrounding bones

**What to Consider:** Even if your sport doesn't require goggles, consider wearing them, especially if you've had a previous eye injury. With swimmers, protective goggles can protect eyes from chemicals and other irritants and facilitate better underwater vision.



## EAR PROTECTION

**Required Sports:** Wrestling, water polo

**Designed to:** Prevent injuries to the scalp and ears

**What to Consider:** Even if protective gear isn't required during practices, athletes should still wear it to stop preventable injuries, such as swimmers ear, cauliflower ear or broken blood vessels, from occurring.



## MOUTHGUARDS

**Required Sports:** Field hockey, football, ice hockey, lacrosse, wrestling (if the athlete wears braces or an orthodontic device)

**Designed to:** Prevent injuries to the teeth and mouth

**What to Consider:** Mouthguards are an easy and low-cost way to prevent serious injuries, including tooth and root fractures and tooth displacement.



## THROAT GUARDS

**Required Sports:** Hockey and lacrosse goalies, softball and baseball catchers

**Designed to:** Protect against potentially serious injuries, such as contusions, lacerations and fractures

**What to Consider:** There are various types of throat guards available, and the athlete should choose the one they are most comfortable in that offers the most protection for their position.