



***WARRIOR®***

BURN

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BURN<sup>JR</sup>

## HELMET SAFETY MANUAL

Read these instructions carefully before wearing your helmet. Keep this manual for future reference, do not destroy and do not discard. Review this manual at the beginning of every season.

**All Warrior lacrosse helmet models have been certified as meeting or exceeding all applicable NOCSAE Standards and Certification requirements.**

This helmet is for lacrosse only.

Warrior helmets are not eligible for re-certification and under normal use, should be replaced or discarded within five (5) years from date of manufacture.

Any removal, tampering with, obscuring or covering of any Model information, NOCSAE logos, and/or any Certification logos on a helmet is prohibited and will void any and all Certifications for that helmet.



## Important Safety Information



### Read this Manual before use.

Lacrosse is a dangerous sport. Participation in lacrosse implies the acceptance of risk of injury. Lacrosse helmets afford no protection from neck, spinal, or certain types of brain injuries; including those injuries which may be caused by rotational forces. Severe head, brain, or spinal injuries, including paralysis or death, may occur despite using this helmet.



## WARNING

*The following warnings must be followed to reduce the risk of serious personal injury or death:*

- 1. Inspection:** Using a damaged helmet may result in serious injury or death. **BEFORE EACH USE**, inspect the helmet for visual damage or deterioration.  
**NEVER** use your helmet if:
  - the shell is cracked, damaged, or deformed
  - the padding is worn
  - your mask is rusted or loose in any way
  - your mask is bent more than one-eighth of an inch (1/8") in any direction**Under normal use, helmets should be replaced or discarded within five (5) years from date of manufacture.**
- 2. Fitting:** A poorly fitted helmet may result in serious injury or death. **BEFORE USE**, follow sizing and fit adjustment instructions. See Pages 4 thru 6. **ALWAYS** secure your chin strap while using helmet.
- 3. Play:** Helmets and face guards will not prevent all injuries. Severe head, neck, and brain injury may occur to you or another player. Injuries may result from accidental contact. You may become paralyzed.
  - **NEVER** butt, ram, or spear; this is a dangerous violation of the rules.
  - **DO NOT** duck or lower your head.
  - **AVOID** hits to your helmet.
  - **REPLACE** helmet immediately if it is severely impacted.
  - **NEVER** play lacrosse after a head injury without a doctor's approval. Death may occur.
  - **ALWAYS** use an approved mouth guard.
  - **ONLY** use this helmet for purposes of playing lacrosse.
- 4. Care:** Improper care can damage/weaken your helmet and make it less protective.
  - **NEVER** apply paints, solvents, or adhesive to your helmet. These materials could cause the shell or interior padding to deteriorate.
  - **ALWAYS** use only a mild solution of soap and water to clean helmet.
  - **NEVER** alter your helmet in any way
  - **DO NOT** sit or stand on your helmet.

## Helmet Testing



### HELMET TESTING

In an effort to reduce the number and severity of head injuries in certain organized sports, the National Operating Committee on Standards for Athletic Equipment (NOCSAE) has developed a method for testing headgear and the minimum requirements to be met under each test. All helmets manufactured by Warrior Sports are certified as meeting or exceeding all applicable NOCSAE standards.

**WARNING!** Even helmets that meet or exceed NOCSAE standards cannot prevent all injuries.

## Helmet Proper Care, Inspection & Use



### FACE MASK

Before each use, make sure the face mask has no broken welds; that the attachment screws are tightened and the chinstrap is in place with all four chinstrap buckles in working order. The face mask must be continuously inspected for deterioration, rust or breakage. **WARNING! Before each use, and after any impact inspect the face mask. If the face mask has sustained a substantial impact or has broken welds, bent wires, cracks or rust than it should be replaced.** To clean the face mask use a mild solution of soap and water only.

### HELMET CARE

Do not store helmet in direct sunlight or heat. Do not sit or stand on helmet. Do not alter helmet or use paints, decals, solvents, adhesives, or other chemicals on any part of the helmet. **WARNING! These materials could cause the shell or interior padding to deteriorate and weaken.** To clean helmet, use only a mild solution of soap and water.

Before each use, and after any impact, inspect helmet for damage or deterioration such as: cracks or deformities, worn padding and rusted, loose or bent parts. General industry standards suggest the useful life of a helmet to be no greater than five (5) years. The actual useful life may be shorter depending on a number of variables, including (but not limited to) extent of use, temperature, humidity, etc. It is recommended that you replace or discard your helmet within five (5) years from date of manufacture.



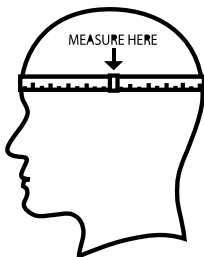


## Helmet Sizing Guidelines



Failure to properly size and fit your helmet may result in serious personal injury or death. Please refer to the size chart below when selecting your helmet.

<b>WARRIOR HELMET SIZE CHART</b>			
SIZE	CIRCUMFERENCE (in)	CIRCUMFERENCE (cm)	HAT SIZE
<b>BURN</b>			
L	21 <sup>7</sup> / <sub>8</sub> to 23 <sup>1</sup> / <sub>2</sub>	57.5 to 62	7 <sup>1</sup> / <sub>8</sub> to 7 <sup>1</sup> / <sub>2</sub>
M	20 <sup>3</sup> / <sub>4</sub> to 21 <sup>7</sup> / <sub>8</sub>	56 to 59	7 to 7 <sup>1</sup> / <sub>4</sub>
S	20 <sup>7</sup> / <sub>16</sub> to 20 <sup>3</sup> / <sub>4</sub>	52 to 56	6 <sup>5</sup> / <sub>8</sub> to 7
<b>BURN JR</b>			
OSZ	19 <sup>3</sup> / <sub>8</sub> to 20 <sup>9</sup> / <sub>16</sub>	47 to 53	6 to 6 <sup>1</sup> / <sub>2</sub>



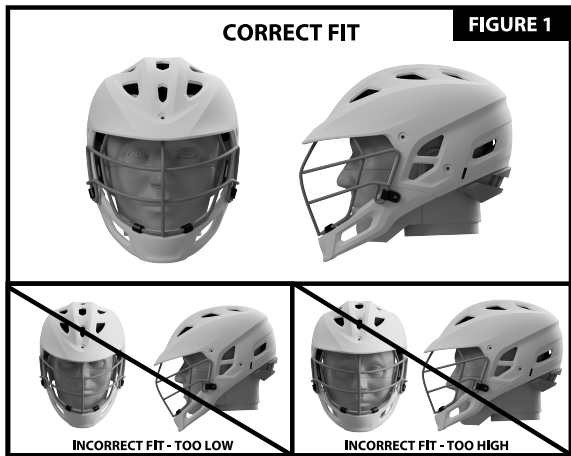
To measure your head circumference, wrap a tape measure around your head above your eyebrows and across your temples.

# Helmet Fit Adjustment



## Helmet Fit Adjustment

1. After selecting the proper size helmet, unsnap the lower two chin snaps (located behind each ear) and place the helmet on your head. With the helmet in place, move your head around and make sure the helmet is on all the way and straight. When properly fitted, (A) the inside helmet liner should be in contact with the top of your head, (B) your line of sight should be looking out of the first opening in the face mask, and (C) the lowest point of the front helmet liner should contact your forehead approximately one (1) inch above your eyebrows (see Figure 1 below). **WARNING! If the helmet does not fit, try another size.**



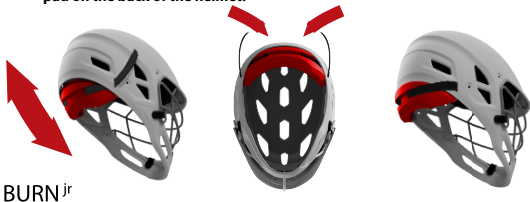
Use the sizing mechanism in the rear of the helmet to create a secure, comfortable fit from front to back (see figure 2 on the next page).

**WARNING! Always make sure the sizing mechanism is tightened so that the helmet fits snug and comfortably on your head. If the helmet does not fit, adjust the fit mechanism to obtain proper fit or try another size**



## Helmet Fit Adjustment

1. Pull rear velcro straps on the back of the helmet to tighten the adjustment pad to the proper fit.
2. Once desired fit is achieved, secure velcro straps to the adjustment pad on the back of the helmet.



1. Turn the dial on the back of the helmet clockwise to tighten the adjustment band to the proper fit.
2. Turn the dial on the back of the helmet counter clockwise to loosen the adjustment band to the proper fit.



### Chin Strap Adjustment

With the helmet properly fitted and adjusted to your head (see previous page), adjust the chin strap by first unsnapping one snap in the temple area of the helmet. Then, hold the chin strap in place and adjust it by moving the strap through the buckle, taking out any slack in the strap. Make sure you are looking straight out of the first mask opening (see Figure 1). Repeat this process with the second temple area strap and then the two behind-the-ear straps while keeping the helmet straight on your head. The four straps should be adjusted so they are without slack; tight, but again, not uncomfortable.



## Injuries



Lacrosse is a dangerous contact sport. Participation in lacrosse implies the acceptance of risk of injury. Lacrosse helmets afford no protection from neck, spinal or certain types of brain injuries, including injuries caused by rotational forces. Severe head, brain, or spinal injuries including paralysis or death may occur despite using this helmet. Below are descriptions of certain serious injuries that may occur:

**CONCUSSIONS: WARNING! Helmets do not prevent concussions.** A concussion occurs when the head accelerates rapidly and then is stopped abruptly or when the head is rotated rapidly and then stopped. Impact to the brain can occur when the head slams into a hard surface. The skull is stopped by the hard surface, but the brain, floating in cerebrospinal fluid (CSF), can still move and be shaken. Symptoms of a concussion may include headache, nausea, dizziness and double vision. A concussion can occur during body contact, contact with the ground, or contact with an opponent's stick. Severe enough contact can make you feel disoriented or dizzy. Remove yourself from the game or practice and seek immediate medical attention. Concussions are very serious.

**SUBDURAL HEMATOMA: WARNING! Subdural hematomas can occur the same way as concussions and can be fatal.** Hematomas occur when a blocked vessel close to the brain is ruptured. Blood flows into the skull and eventually crushes the brain. 70-80 percent of all subdural hematomas are fatal.

**NECK INJURIES: WARNING! Neck and spine injuries can occur during body contact, contact with the ground, or contact with an opponent's stick.** Never lower your head to use the helmet as a point of contact. This places the spine at an increased risk of injury. Severe spinal injuries such as paraplegia (paralysis of both lower limbs due to spinal injury) and quadriplegia (paralysis from the neck down) may result. These neck injuries can also be fatal. They reduce the injuries to your head but cannot protect your neck.



If you become injured during a game or organized practice session approach your coach or trainer immediately. Take yourself out of play. Do not risk the possibility of serious or permanent injury.