



WARRIOR[®]

EVO

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.

Warrior helmets are not eligible for re-certification and under normal use, should be replaced or discarded within three (3) years from the original purchase date.

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.



This model is certified by: SAI Global Assurance Services Ltd.
Partis House, Ground Floor, Davy Avenue, Knowhill, Milton Keynes MK5 8HJ
United Kingdom – Notified Body Number: 2056

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This is the safety alert symbol. It is used in this manual to alert you to potential personal injury hazards. Obey all safety messages and warnings in this manual to reduce the risk of possible injury or death.

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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 three (3) years from original purchase date.**
- 2. Fitting:** A poorly fitted helmet may result in serious injury or death. **BEFORE USE**, follow **sizing and fit adjustment instructions**. See Pages **4-7**. **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 three (3) 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 three (3) years from date of purchase.



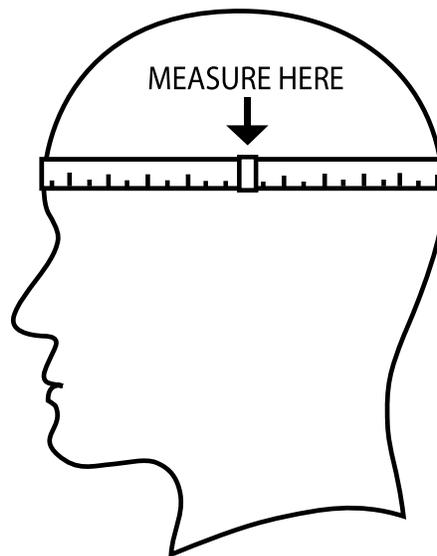
Helmet Sizing Guidelines



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.

SIZING SYSTEM - WARRIOR EVO HELMET

SIZE	CIRCUMFERENCE (in)	CIRCUMFERENCE (cm)	HAT SIZE
L/XL	21 ⁷ / ₈ to 23 ¹ / ₂	56 to 59.7	7 to 7 ¹ / ₂
S/M	20 ³ / ₄ to 21 ⁷ / ₈	53 to 56	6 ⁵ / ₈ to 7



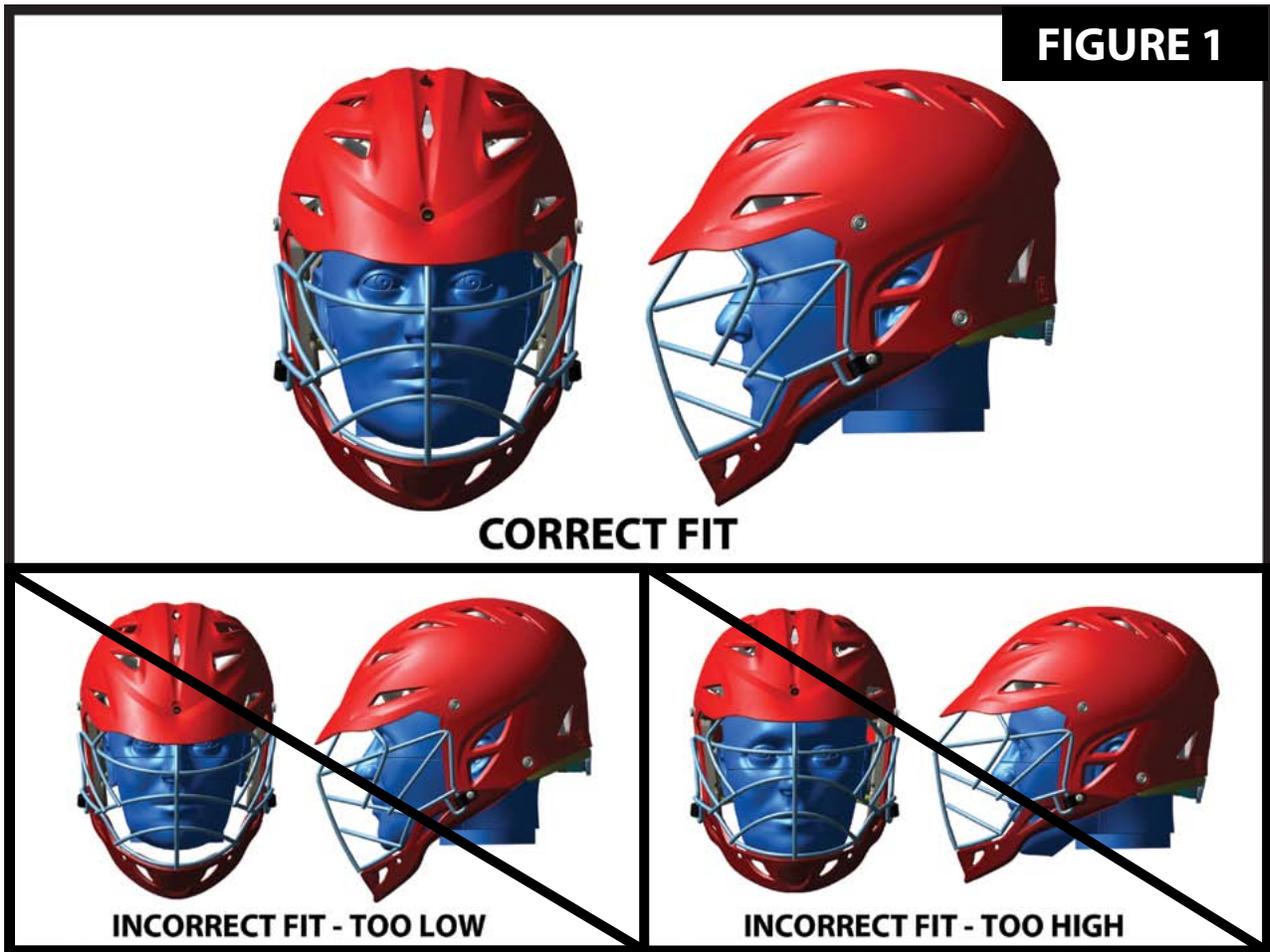
To measure your head circumference, wrap a tape measure around your head above your eyebrows and across your temples.

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.**



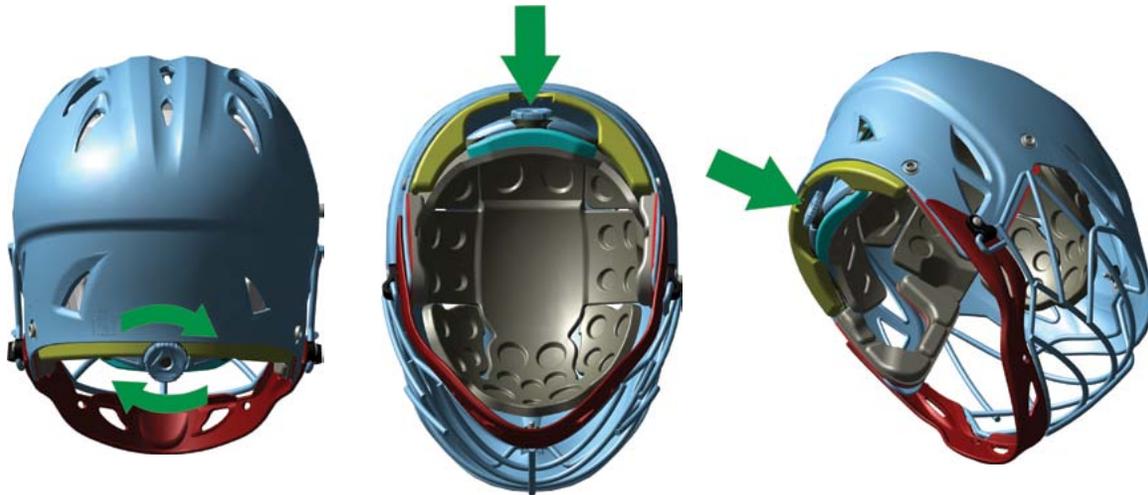
2. Next, use the interchangeable ear pieces to achieve a snug fit from side to side by attaching the pieces securely on each side with the hook and loop pieces.

3. Finally, use the sizing mechanism in the rear of the helmet to create a secure, comfortable fit from front to back by turning the adjustment knob clockwise to tighten and counterclockwise to loosen (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 knob to obtain proper fit or try another size

Helmet Fit Adjustment

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.

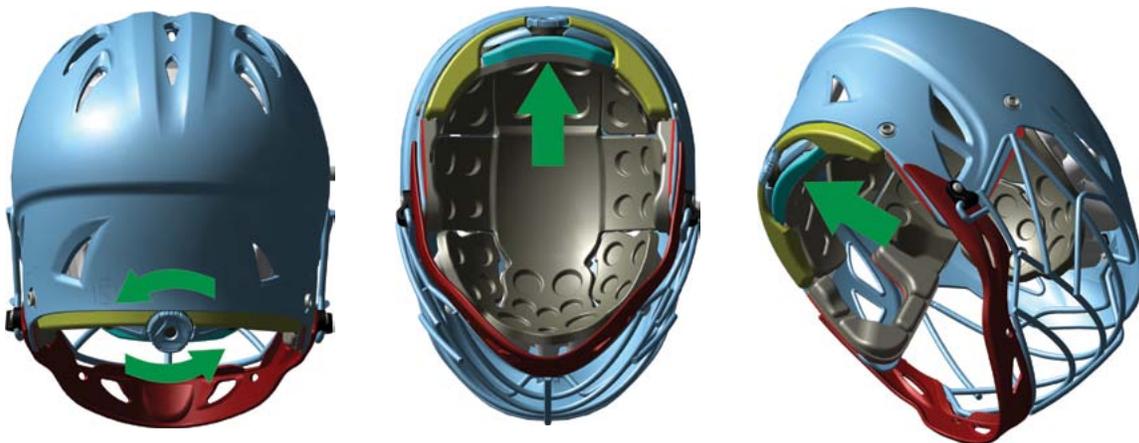


FIGURE 2

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.



NCAA Rules

Read the below NCAA rules carefully as they are in place to prevent or reduce the risk of injury. It is important to abide by all official rules to minimize risks. **DO NOT COMMIT THESE PERSONAL FOULS:**

UNNECESSARY ROUGHNESS

Rule 5-5, states that Unnecessary Roughness includes the following:

- A. An Excessively violent infraction of the rules against holding and pushing (See rules 6-4 and 6-10).
- B. Deliberate and excessively violent contact made by a defensive player
- C. Any action on the part of a player that is deliberate and excessively violent, whether it is with the body or crosse (stick).

ILLEGAL BODY CHECK - SPEARING

Rule 5-6e, of the NCAA lacrosse rules states: "The blocking of an opponent with the head or initiating contact with the head is known as spearing." **WARNING! Spearing an opponent can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, damage to the brain and/or death.**

SLASHING

Rule 5-7c, "The striking of an opponent in any part of the face, on the neck, in the chest, on the back, on the shoulders, in the groin or on the head with the crosse (including its butt end), except when done by a player in the act of passing, shooting or attempting to scoop the ball." **WARNING! Slashing an opponent can cause serious injury, concussions, subdural hematoma, spinal injury, permanent paralysis, and damage to the brain and/or death.**

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Injuries



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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 visions. 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 blood 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. Helmets 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.



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For additional information please visit

WARRIOR.COM

Warrior Sports
32125 Hollingsworth Ave.
Warren, MI 48092
800.968.7845