

# WARNING

Do not remove this card until Helmet is issued to player, and he/she has read and understands the warning statement.  
After reading this card, the player should sign the card and promptly return it to the coaching staff.

## No helmet can prevent all head or neck injuries.

Do NOT use your helmet to butt, ram, spear or strike another player. This is a violation of the rules and may result in a catastrophic injury to you or your opponent.

Head-down contact is the primary cause of cervical spine injuries.

## PLAY IT SAFE -- KEEP YOUR HEAD UP!

Iowa High School Football Coaches Association

Iowa High School Athletic Association

Player's signature \_\_\_\_\_

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