

# HEADGUARD

## INSTRUCTION OF USE

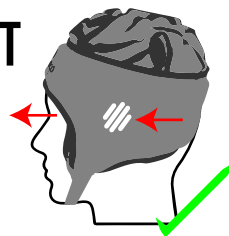
### 1. ADJUSTING THE STRAPS

PLACE THE HEADGUARD ON YOUR HEAD AND ADJUST THE CHIN STRAP AND REAR ELASTICATED LACE TO ACHIEVE A SNUG AND SECURE FIT.



### 2. ENSURING VISIBILITY, HEARING & COMFORT

ADJUST THE HEADGUARD TO ENSURE THAT IT DOES NOT OBSTRUCT YOUR VISION OR HEARING OR IMPAIR YOUR ABILITY TO BREATHE COMFORTABLY.



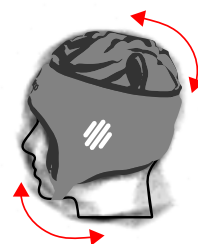
### 3. SECURING THE HEADGUARD

ONCE THE HEADGUARD IS PROPERLY POSITIONED AND ADJUSTED, SECURE ALL STRAPS AND REAR ELASTICATED LACE TO KEEP IT IN PLACE. DOUBLE-CHECK THAT IT FEELS SECURE BUT NOT OVERLY TIGHT.



### 4. TESTING THE FIT

GENTLY SHAKE YOUR HEAD TO ENSURE THAT THE HEADGUARD STAYS IN PLACE. IF IT SHIFTS SIGNIFICANTLY, READJUST THE STRAPS UNTIL THE HEADGUARD REMAINS SECURE DURING MOVEMENT.



### 5. INSPECTING REGULARLY

REGULARLY INSPECT THE HEADGUARD FOR SIGNS OF WEAR AND TEAR. PAY ATTENTION TO THE STRAPS, PADDING, AND OUTER SHELL FOR ANY DAMAGE.



REMEMBER, WHILE HEADGUARD PROVIDES ADDED PROTECTION, IT'S STILL IMPORTANT TO PRACTICE SAFE AND PROPER PLAYING TECHNIQUES TO MINIMIZE THE RISK. ALWAYS FOLLOW THE RULES OF THE GAME AND ADHERE TO PROPER TACKLING CONTACT GUIDELINES. PPE REGULATION (EU) 2016/425 ON PERSONAL PROTECTIVE EQUIPMENT, AS AMENDED TO APPLY IN GB.