

cascade
lacrosse

HEADGEAR BOOKLET



READ THIS BOOKLET BEFORE PLAYING.

KEEP THIS BOOKLET WITH YOUR
LACROSSE HEADGEAR.

REVIEW THIS BOOKLET AT THE BEGINNING OF EVERY
SEASON.



WARNING

WARNINGS

- Lacrosse is a dangerous sport. Use this headgear at your own risk.
- READ HEADGEAR BOOKLET before putting the headgear on. Read all other warnings on headgear and eye mask.
- Every time you step onto the field you risk potential brain, head, neck and facial injury that may result in paralysis or death. Cascade wants you to understand these risks and to help you reduce these risks.
- Do not use this headgear to butt, ram, spear or strike another player. This is in violation of lacrosse rules and such use can result in severe head, brain or neck injuries, including paralysis or death, to you or your opponent. There is a risk injury may also occur as a result of accidental contact without intent to butt, ram or spear. Obey the rules and use equipment properly.
- This headgear and eye mask CANNOT prevent brain, head, neck, or all facial injuries from intentional or accidental contact while participating in lacrosse.
- No headgear can protect against all foreseeable impacts. For maximum protection fit your headgear in accordance to the fit instructions in this booklet (*Page 5*). If you have questions call Customer Service at 1-800-537-1702.
- Headgear can be damaged by any (accidental or intentional) contact with common substances (i.e.: certain solvents, cleaners, hair treatments, etc.). Damage may not be visible to the user.
- Use this headgear on grass and artificial turf surfaces only. Do not use it for box lacrosse or any other sport or activity. This headgear is not designed to protect you from injuries you might receive while participating in other sports or activities.
- Headgear for use only with approved lacrosse balls.



WARNINGS (CONTINUED)

- Stop use if headgear shell is cracked or if padding is cracked, loose or deteriorating. If the headgear is severely impacted, short of failure, then the degree of protection provided will be reduced and the headgear must be replaced. Failure to do so may result in permanent injuries.
- Use headgear for supervised play. Do not play lacrosse unless someone is there to supervise the game/practice and to enforce the rules of the game.
- Do not play if injured. If you have had any head, brain, facial or neck injury, including concussion, do not play. If you think you are injured, stop play. Consult a doctor immediately. If you continue to play, you risk serious injury or death.
- Follow the rules. You break the rules of lacrosse when you use your headgear as a weapon. DO NOT BUTT, RAM, or SPEAR.
- Fully buckle your chinstrap. Always wear your lacrosse headgear with a properly fitted chinstrap.
- Wear your mouth guard. Always wear your lacrosse headgear with a properly fitted mouth guard.
- COACH: Read the warnings and instructions in this booklet to your players. Each coach has an obligation to make sure each player understands the risks of the game and the protection afforded by this headgear. This booklet provides an explanation of the purpose for our warning and the conduct that should be avoided. You know that players face the risk of serious injury each time they step on the field. Safe play is the best way to reduce the risk of these injuries. Read and discuss the warnings with each player. Make sure each player understands it. No matter how much equipment is worn, lacrosse is a rough game and players can get hurt. Each player is responsible for his own conduct. Players choose to play lacrosse. Players assume the risk of injuries when they walk on the field.



WARNING

EYE MASK WARNINGS

- Check your eye mask regularly. If the eye mask is bent, loose or rusting do not wear the headgear. An eye mask is an important part of the equipment. Balls are shot at high speeds and players swing sticks – your eye mask is important.
- If the eye mask is severely impacted, short of failure, then the degree of protection provided will be reduced and the eye protector must be replaced. Failure to do so may result in permanent injuries to the eye.
- Do not remove the eye mask.

CARE & MAINTENANCE INSTRUCTIONS

- Check fit of headgear and condition of eye mask; stop use if damaged, loose or rusting.
- Clean with mild soap and water only.
- Do not modify or alter headgear; do not paint headgear; do not sit on headgear.
- When not in use, do not expose your headgear to extreme temperatures or humidity. If the headgear is stored at cold temperatures, it should be allowed to be returned to room temperature before being used for play.
- Headgear becomes less effective over time. Exposure to sun, varying temperatures, wear and tear may cause the headgear to deteriorate. Use, abuse and lack of care shorten the useful life of your headgear. If you suspect damage, stop use and replace it.

Call 1-800-537-1702
or visit www.cascadelacrosse.com
for more information.

HEADGEAR FIT GUIDE

STEP 1

PLACE

Grabbing the eye mask with one hand, and the rear panel with the other, pull back the rear panel in the opposite direction of the eye mask to stretch the headgear. Then, place it on your head.

(Image 1).

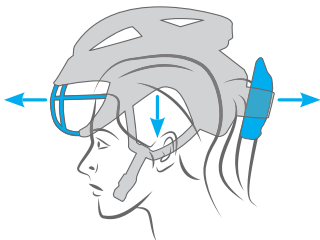


Image 1

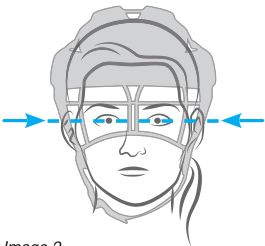


Image 2

STEP 2

POSITIONING

With the headgear on your head, stand in front of a mirror. Your eyes should be centered to look out the bottom opening of the eye mask.

(Image 2).

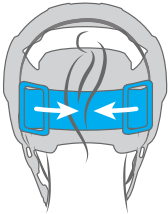


Image 3

STEP 3

FRONT TO BACK

With two hands, adjust the strap on the rear panel until the headgear is in comfortable contact with the head. Make sure there are no gaps front to back and conversely, that the fit is not too tight to cause discomfort.

(Image 3).

STEP 4

EYE MASK

The bottom of the eye mask should apply minimal pressure to the cheekbones. If the cheek pad does not touch the cheekbone or applies too much pressure, causing discomfort, exchange the cheek padding for another size provided in the headgear kit. Ensure that your vision has not been affected after exchanging the cheek pads. While wearing a properly adjusted headgear, the player will be looking through the center of the bottom opening of the eye mask. (Image 4).

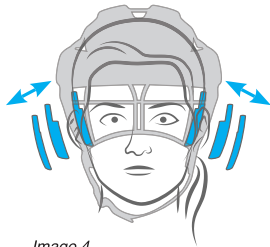


Image 4

HEADGEAR FIT GUIDE

STEP 5

CHIN STRAP

Fasten the chinstrap under the chin. Adjust sliding buckle on chin strap until strap rests lightly underneath chin. (*Image 5*).



Image 5

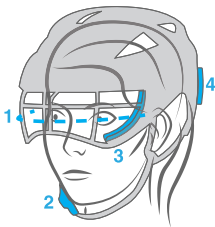


Image 6

STEP 6

FINAL OVERALL CHECK

The final goal is to obtain a firm, but comfortable grip on the head. Make sure you are looking through the center of the bottom opening of the eye mask (1). Ensure the chin strap is fastened below the chin (2). Ensure the cheek pads are applying a minimal pressure to the cheeks (3) and the rear strap is securely tightened (4). If any of these checks are not met, start the fitting process again. (*Image 6*).

ADDITIONAL FIT INFORMATION

- When you have completed the fitting, ask yourself whether you are comfortable with the headgear. If not, start the fitting process again.
- Comfort is a relative term. The phrase “firm but comfortable” has been used throughout the fitting process already described and therefore should be explained. The body type and sensitivity of each individual determines what is comfortable. Players with thinner skin in the head area may be more sensitive and they will not feel comfortable. If this is you, it is more important to maintain a firm fit even if it means sacrificing comfort. Remember it is very important to maintain a “firm, but comfortable fit”. This should be monitored over time and reevaluated after a haircut or weight loss.
- Fully buckle your chinstrap and wear a properly fitting mouth guard.
- This product is one size fits most (OSFM) and is designed for youth & adult females (S/M/L).



AUTHORIZED ACCESSORIES

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- Only accessories branded as Cascade can be used with Cascade headgear. Refer to the instructions provided with the Cascade accessories for assembly instructions. If no instructions are available, contact Cascade Customer Service for additional information at 1-800-537-1702.
- All accessories should be checked every time you step on the field to insure they are still functioning as designed and intended.
- No accessories will reduce the risk of injury from lacrosse, nor will any accessories improve the performance of your headgear. Use accessories at your own risk.

INJURIES

- **NECK INJURIES:** Headgear DOES NOT prevent neck injuries. A hit to your head or body can injure your neck and/or spine. DO NOT lower your head to use it as a weapon to strike another player (spearing). You risk serious, and perhaps, permanent injury to your neck, spine and/or nervous system. If you injure your neck, you may never walk or run again and may require full-time assistance.
- **SUBDURAL HEMATOMA:** Headgear DOES NOT prevent subdural hematomas. Subdural hematomas occur the same way concussions do and can be fatal. Hematomas occur when a blood vessel close to the brain is ruptured.
- **CONCUSSIONS:** Headgear DOES NOT prevent concussions. A concussion may occur when you get hit on the head with a stick, ball, body, ground or goal. Take head impacts seriously. If you get hit in the head, tell your coach or trainer, your parents or guardian and take yourself out of play. Furthermore, each time that you reinjure your head, the potential for damage to your brain increases. Take concussions seriously.

HEADGEAR TESTING

- Before testing you must contact Cascade for information on the appropriate headform size and Helmet Positioning Index (HPI) for each Cascade headgear model.
- Even headgear that passes ASTM standards CANNOT prevent all injuries.



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