

cascade
lacrosse

HELMET BOOKLET



READ THIS BOOKLET BEFORE PLAYING.

KEEP THIS BOOKLET WITH YOUR LACROSSE HELMET.

REVIEW THIS BOOKLET AT THE BEGINNING OF
EVERY SEASON.



WARNING

WARNINGS

- Lacrosse is a dangerous sport. Use this helmet at your own risk.
- **READ HELMET BOOKLET** before putting the helmet on.
Read all other warnings on helmet and facemask.
- Every time you play lacrosse 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 helmet to butt, ram, spear or strike another player. This is a 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 equipment is intended to protect against the risks of focal and facial injuries to the head, such as lacerations and bruises. This helmet and facemask cannot prevent brain, head, neck or all facial injuries from intentional or accidental contact while participating in lacrosse.
- Fit your helmet using cascade instructions (Page 5) before play.
If you have questions call Customer Service at 1-800-537-1702.
- Helmets 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.
- Do not use the helmet if the shell is cracked or deformed or if the inside padding becomes loose or deteriorated. Replace immediately.
- Only use this helmet for purposes of playing lacrosse. Do not use it for any other sport or activity. This helmet is not designed to protect you from injuries you might receive while participating in other sports or activities.

WARNINGS (CONTINUED)

- Use helmet 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. Do not do it.
- Follow the rules. You break the rules of lacrosse when you use your helmet as a weapon. Do not butt, ram, or spear.
- Fully snap your chinstrap. Always wear your lacrosse helmet with a properly fitted chinstrap.
- Wear your mouthguard. Always wear your lacrosse helmet with a properly fitted mouthguard.
- Helmet for use only with approved lacrosse balls.
- 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 helmet. 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 play lacrosse. Safe play is the best way to reduce the risk of these injuries. Read and discuss the warning 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 play lacrosse.



WARNING

FACEMASK WARNINGS

- Check your facemask regularly. If the facemask is bent, loose or rusting do not wear the helmet. A facemask is an important part of the equipment. Balls are shot at extremely high speed and players swing sticks —your facemask is important.
- Facemask complies with NOCSAE requirements only when attached to helmets listed by the manufacturer (see Facemask Compatibility chart on rear of booklet) and labeled with NOCSAE lacrosse logo.
- To insure proper attachment make sure all facemask screws are tight. Only use manufacturer's replacement hardware.
- Do not remove facemask.

CARE & MAINTENANCE

CARE & MAINTENANCE INSTRUCTIONS

- Stop use if helmet shell is cracked or deformed or if padding is cracked, loose or deteriorating. Replace the helmet.
- Check fit of helmet and condition of facemask; stop use if damaged, loose or rusting.
- Clean with mild soap and water only.
- Do not modify or alter helmet; do not paint helmet; do not sit on helmet.
- When not in use, do not expose your helmet to extreme temperatures or humidity.
- Recertify every year by an approved reconditioner. For a list of approved reconditioners contact the National Athletic Equipment Reconditioners Association (NAERA) at naera.net or call Cascade at 1-800-537-1702. NAERA approved reconditioners can recertify a helmet so that it meets the NOCSAE standard. If a helmet has not been recertified annually, and it is older than 3 years, it is no longer certified. An authorized recertification entity can recertify this helmet at any time up to 10 years from the date of manufacture of the helmet. Helmets 10 years of age or older cannot be recertified or reconditioned. Replace the helmet if it is no longer certified. Do not pass it on.
- Helmets become less effective over time. Exposure to sun, varying temperatures, wear and tear may cause the helmet to deteriorate. Use, abuse and lack of care shorten the useful life of your helmet. If you suspect damage, stop use and replace it.

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



HELMET FIT / SIZE CHART

STEP 1

MEASURE

Proper fit is a key component to the helmet's performance. Before purchasing a helmet, measure your head as shown (*Image 1*) – approximately 1" above the eyebrows at the widest point of your head. Use the Helmet Size Chart (see below) for a guideline; you may need to size up or down as described in the next steps.

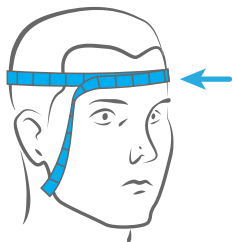


Image 1

Helmet Size Chart

Product	Size	Head Circumference
CSR	YOUTH	up to 22" (558mm)
CPVR	XXS	20.5" to 22" (520mm to 558mm)
	XS	21" to 22.5" (533mm to 571mm)
	S / M	21.5" to 23" (546mm to 584mm)
	M / L	22" to 23.5" (558mm to 596mm)
S YOUTH	YOUTH	up to 22" (558mm)
XRS	OSFM	21.5" to 24" (546mm to 609mm)
XRS YOUTH	YOUTH	up to 22.25" (565.15mm)

HELMET FIT

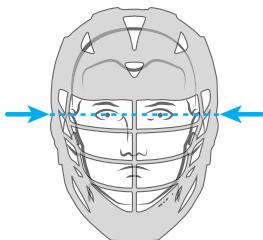


Image 2

STEP 2

POSITIONING

Place the helmet on your head and stand in front of a mirror. Your eyes should be centered to look out the top opening of the facemask (*Image 2*).

STEP 3

FRONT TO BACK

Use your fingers to feel just under the back and front rim of the helmet. The padding should be in firm, but comfortable, contact with the head. If there are any gaps or if the fit is too tight, try adjusting the front to back attachment system (*Image 3*), if available, or try another helmet size.

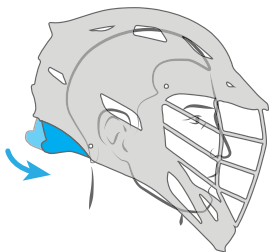


Image 3

HELMET FIT

STEP 4

SIDE TO SIDE

Check the side to side fit by insuring the padding is firm, but comfortable, to the side of face. (*Image 4*). If there are any gaps or if the fit is too tight, try adjusting the side to side attachment system, if available, or try another helmet size.

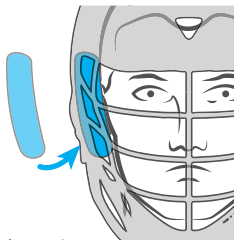


Image 4

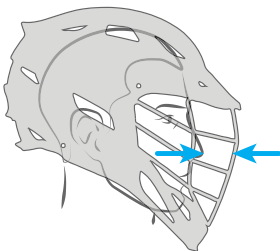


Image 5

STEP 5

FACEMASK

The clearance between the end of the nose and the inside of the facemask should be at least two to three finger widths (*Image 5*). Also, ensure that your vision has not been impaired by the placement of the horizontal bars. While wearing a properly adjusted helmet, the player will be looking through the center of the top opening of the facemask.

HELMET FIT

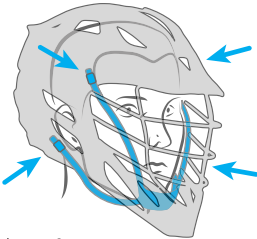


Image 6

STEP 6

CHIN STRAP

Fasten the chin strap at all four points of the helmet - this will keep the helmet in the proper position while you check the fit. To adjust the chin strap, hold the chin cup squarely and snugly on your chin (*Image 6*), and then adjust and fasten the top straps and finally the bottom. Make sure the tension is equal on all four straps and that no strap is pulled out of alignment.

STEP 7

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 top opening of the facemask (1). Ensure the chin strap is fastened at all four points of the helmet (2). Lastly, rotate the helmet on the head (3). Look to see if the skin of the forehead moves with the helmet and the side padding touches flush to the cheeks (*Image 7*). If any of these checks are not met, start the fitting process again.

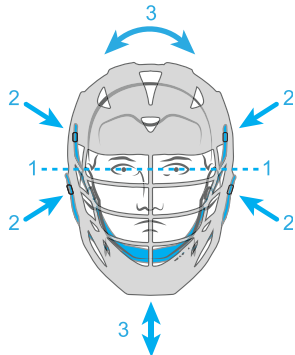


Image 7

HELMET FIT / AUTHORIZED ACCESSORIES

ADDITIONAL FIT INFORMATION

- When you have completed the fitting, ask yourself whether you are comfortable with the helmet. 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 little skin fat 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 snap your chinstrap and wear a properly fitting mouthguard.
- If you are using a Cascade helmet that is not currently manufactured or sold and need fit instructions contact Cascade at 1-800-537-1702.

AUTHORIZED ACCESSORIES

- Only accessories branded as Cascade can be used with Cascade helmets. 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 before you play lacrosse 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 helmet. Use accessories at your own risk.
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INJURIES

- **Neck Injuries:** Helmets do 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:** Helmets do 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:** Helmets do not prevent concussions. A concussion may occur when you get hit on the head with a stick, ball, body, boards, ground or goal. Take head impacts seriously. If you get hit in the head, tell your coach or athletic 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.

HELMET TESTING

- Cascade lacrosse helmets are designed to fit a range of head sizes. Certain models are available in different sizes. No Cascade helmets are designed or tested on the large NOCSAE headform.
 - Before testing you must contact Cascade for information on the appropriate headform size and Helmet Positioning Index (HPI) for each Cascade helmet model.
 - Even helmets that pass NOCSAE standards cannot prevent all injuries.
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Certified to PPE Regulation (EU) 2016/425 as Brought into UK Law and amended:
SGS United Kingdom Limited / Approved Body 0120
Unit 202B, Worle Parkway
Western Super Mare, Somerset BS22 6WA
United Kingdom

Model	Standard
XRS	NOCSAE ND041-15 & ND045-17

Certified to PPE Regulation (EU) 2016/425 Module B (CAT II) in the EU by:
SGS Fimko Oy / Notified Body 0598
Takomitie 8
Helsinki, 00380
Finland

Model	Standard
XRS	NOCSAE ND041-15 & ND045-17

Declarations of Conformity may be found at CascadeLacrosse.com

Facemask Compatibility

Product	Model	Helmet Size	Face Mask
CSR	CSR	ONE SIZE	CSR
CPVR	CPVR18	XS, S/M, M/L	CPV XS, S/M, M/L
	CPVR18	XXS	CPV XXS
S YOUTH	SY19	ONE SIZE	SY
XRS	XRS	ONE SIZE	XRS
XRS YOUTH	XRS YOUTH	ONE SIZE	XRS YOUTH

Cascade Lacrosse

www.cascadelacrosse.com

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