

HURLING HELMET ADVICE

The GAA reminds all players at all levels in all Hurling Games and Hurling Practice Sessions that it is mandatory, and the responsibility of each individual player to wear a helmet with a facial guard that meets the standards set out in IS:355 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI).

Following the introduction of the rule at underage level, it was proven that mandatory helmet use reduced the number of serious facial and eye injuries by 40%. The rule was introduced across all levels in 2010 and has seen similar reductions at senior level.

CONSEQUENCES OF WEARING AN UNAPPROVED OR ALTERED HELMET

- *Players are not covered under the terms of the GAA Injury Benefit Fund for facial/eye/head injuries suffered.*
- *Significantly increased risk of facial, dental, oral, nasal, orbital and eye injuries.*
- *Potential injuries suffered as a result of wearing an unapproved or altered helmet can be extremely serious including long term sight complications such as impaired vision, increased risk of cataracts, glaucoma and complete loss of sight.*

ADVICE

It is recommended that players

1. *Only purchase a helmet with a facial guard that meets the standards set out in IS:355*
2. *Do not replace the faceguard or remove or manipulate the bars on the faceguard in any way.*
3. *Always wear their helmet when warming-up as well as during training/practice sessions and matches. A number of players have suffered injuries while warming-up without wearing a helmet and have not been able to participate in matches as a result.*

Further information and a list of helmet providers who supply helmets which meet IS:355 is available on www.learning.gaa.ie/Injuryprevention

