

Parents,

We are excited to see everyone back on the field for summer flag football season! Our staff here at Covington Parks & Rec wanted to take this opportunity to announce the new protective helmets from RockSolid that we are wanting players to utilize in our flag leagues.

We are all aware head injuries are becoming a big concern in all sports. Although it is flag football, collisions can and have occurred. Below is some information about the soft helmets made for non-contact football. This is **STRONGLY SUGGESTED** for your child to wear, and will provide the opportunity to use a helmet on gamedays.. We know it will enhance the kids' experience, ease your minds, and do nothing but promote a proactive way of playing when it comes to safety.

RockSolid, formed by former NFL athletes, made it their mission to protect ALL athletes during "non-contact" football play. While 7on7 and off season football is designated as "non-contact", we have seen some violent collisions and bad technique habits forming in our athletes. RockSolid has designed this head gear to add another layer of protection to the game against the SOFT TISSUE injuries we see every year that could be prevented. These helmets are under 3 ounces and do not cover the face. These are built to have our kids practicing the same way they already are, at full speed with the proper technique. We highly regulate the amount of physicality at practice, but made this move because we cannot prevent all collisions.

The head guard has a soft but high-impact core, however it is light in weight. This combination makes the RS1 look like a helmet, not feel like one. The head guard was designed to *not* create an additional false sense of security, while additional padding *was* strategically placed on the RS1 to enhance the coverage of the areas of the head and face that are vulnerable to *incidental* contact, such as:

- Temple
- Brow
- Orbital Bone
- Forehead
- Back of the Head

For any questions pertaining to the RS1 Head guard, you can contact RockSolid at info@liverocksolid.com or at [\(855\) 282-8880](tel:855-282-8880).

If a player wears a mouth guard during play, it is because we recognize there is potential for injury. We feel it is important to protect your athlete's #1 asset, the head. This should be a purchase for your family that will last several seasons.

<http://www.liverocksolid.com/>