**SHOULDER PADS FIT**

**✅ 1. Measure Before Buying**

* **Chest Measurement**: Measure around the fullest part of the chest.
* **Shoulder Width**: Measure from the edge of one shoulder to the other.
* Use these measurements to match the manufacturer’s sizing chart.

**🏈 2. Fit Check When Wearing**

* **Shoulder Caps**: Should cover the shoulder joints completely without drooping or riding up.
* **Neck Opening**: Should allow full head movement without pinching or gapping.
* **Chest Plate**: Should sit flat against the chest, not too high or low.
* **Back Plate**: Should cover the upper back and shoulder blades.
* **Padding Contact**: All padding should make contact with the body without large gaps.

**🔒 3. Movement Test**

Have the child:

* Raise arms overhead
* Rotate arms in circles
* Simulate football movements (blocking, tackling stance)

**Pads should stay in place** and not restrict movement.

**🛠️ 4. Adjustability**

* Straps should be snug but not overly tight.
* Pads should not shift when the child moves.
* Check for adjustable laces or Velcro for a custom fit.

**🚨 5. Signs of Poor Fit**

* Pads ride up when arms are raised.
* Gaps between pads and body.
* Complaints of discomfort or restricted movement.
* Visible red marks or chafing after use.

**FOOTBALL HELMET FIT**

**✅ 1. Measure Before Buying**

* **Head Circumference**: Use a soft measuring tape about 1 inch above the eyebrows and around the widest part of the head.
* Match the measurement to the helmet manufacturer’s sizing chart.

**🧠 2. Fit Check When Wearing**

* **Snug Fit**: The helmet should feel snug all around the head without being painfully tight.
* **Eyebrow Alignment**: The front of the helmet should sit about 1 inch above the eyebrows.
* **Ear Holes**: Should align with the child’s ears.
* **Jaw Pads**: Should feel firm against the jaw without pinching.
* **Chin Strap**: Should be centered and snug under the chin.

**🏃 3. Movement Test**

Have the child:

* Shake their head side to side and up and down.
* The helmet should **not shift** independently of the head.
* Try to rotate the helmet with your hands—there should be **minimal movement**.

**🚨 4. Safety Check**

* **No Gaps**: Between the pads and the head.
* **No Pressure Points**: If the child complains of pain or pressure, it may be too small.
* **Vision**: The child should have a clear field of vision without obstruction.

**🛠️ 5. Adjustability**

* Most youth helmets have inflatable air liners or adjustable padding—use these to fine-tune the fit.
* Recheck the fit after adjustments.