



## 1 TRY ON

If you are not familiar with wrestling headgear, you should use these instructions for the proper fitting procedures:

1. Slip the Fusion Headgear™ down over your head. Button your chinstrap.
2. Using our On-The-Fly™ strapping system, carefully pull each strap on your Fusion Headgear™ until it fits snugly on your head. Start with the chinstrap and work your way back over the top of your head. Your ears should be centered and fit comfortably inside each ear cup.

Every wrestler has a different head, and fits differently in each ear guard. Even wrestlers with cauliflower ear should have no contact with the inner ear cup. If you do have some contact with the inner ear cup, this is usually the first indication that your Fusion Headgear™ is not adjusted properly. This time, start with the straps on the back of your head and re-adjust your head guard moving forward over the top of your head.

Be sure that the headgear is sitting squarely on your head. Using the location of your ears in the cups as a gauge, the inner ear cups should rest just above the tops of the ears.

## 3 PRESSURE POINT CHECK

Unfasten the chinstrap and remove your Fusion Headgear™. Immediately after the headgear has been removed, use a mirror to observe the coloration of the skin on the face and cheeks. A slight reddening of the skin in a small area may indicate a pressure point.

Pressure points sometimes are not noticed until after several minutes, or even hours of wear. They can at times be uncomfortable when wearing an improperly fitted headgear.

If you notice a pressure point, note if you experienced discomfort in that area while wearing the headgear. If the pressure point discomfort continues, loosen the On-The-Fly™ strapping system, repeating steps one, two and three.

Note: Some pressure points are very normal and should not cause discomfort. In particular, you may notice these just under your cheekbones, on the jaw, and under your chin.

## CHECKING MOVEMENT

# 2

Look for gaps between the temples. A small gap in the temples is normal and you should not feel any excess pressure on the temple region. If you do, re-adjust your Fusion Headgear™ so that only light pressure is felt.

Check the very back of your Fusion Headgear™. If this strap is too tight, your headgear will have a tendency to fit too loosely on the front and can be pulled back over your head while wrestling. If this strap is too loose, your headgear will have a tendency to “ride up” on your ears during competition. If the headgear moves around easily, it is not tight enough.

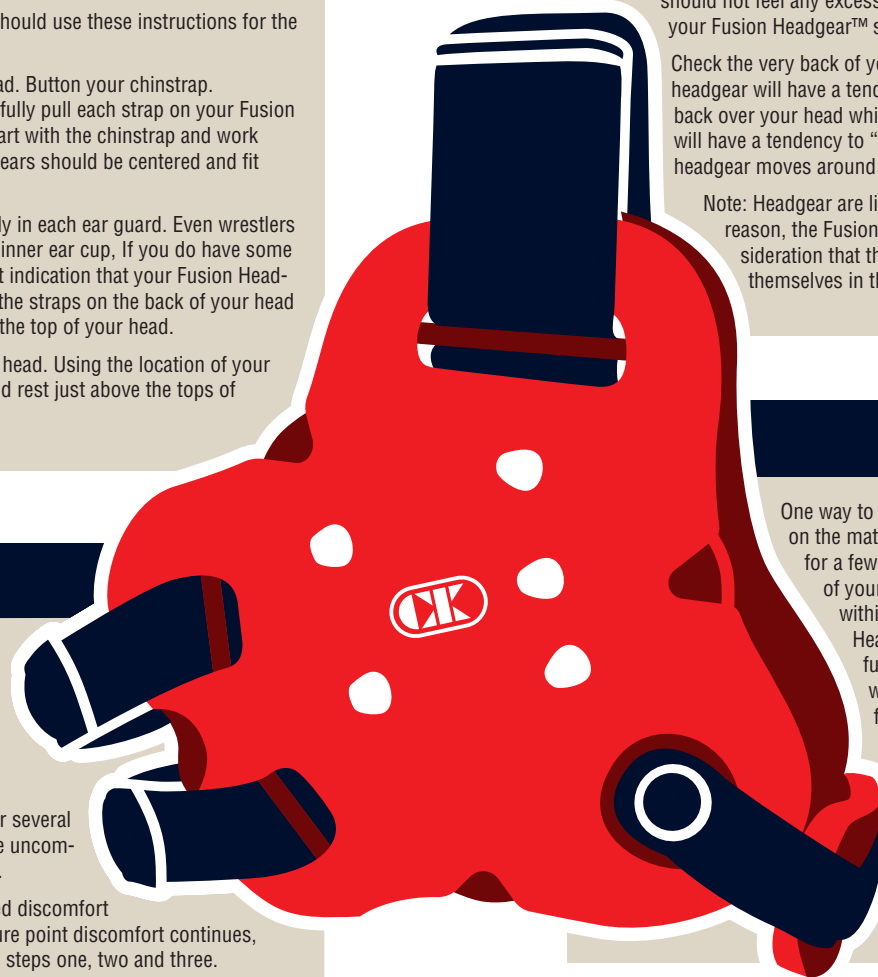
Note: Headgear are like shoes, in that they do break in a little. For this reason, the Fusion Headgear™ should be snug-fitting, taking into consideration that the headgear straps and padding will gradually “mold” themselves in the shape of the wrestler’s head.

## CONFIRMING PROPER FIT

# 4

One way to confirm proper fit is to try your Fusion Headgear™ on the mat. Either wrestle with an opponent or shadow wrestle for a few minutes paying particular attention to the location of your ears. Remember, your ears should remain centered within the inner ear cups at all times. If your Fusion Headgear™ is riding up or sliding around in any manner, further adjustments should be made. In addition, this will give you another opportunity to adjust any uncomfortable pressure points.

Warning: No headgear can protect the wrestler from all foreseeable impacts. Never wrestle on a surface other than a wrestling mat. Wrestling headgear is designed to protect wrestlers from painful cauliflower ear. For maximum protection, a headgear must fit securely and comfortably. The chinstrap must be securely fastened.



Our concern for your safety and protection goes beyond just wearing a headgear. This has been our commitment for over a half a century, since Coach Keen invented the world’s first wrestling headgear. It’s important that your headgear fits properly to provide you with the maximum comfort and protection.

Always wear a headgear when you wrestle.



[CLIFFKEEN.COM](http://CLIFFKEEN.COM)