



**Permission Form - Pole Vault/Pole Vault Helmets**

As is true for many interscholastic athletic activities, pole vaulting can be dangerous and has the potential for catastrophic injury. Parents of Montgomery County Public Schools (MCPS) students interested in pole vaulting must give their permission, including whether they want their son or daughter to wear a helmet when participating in pole vault.

The National Federation of High Schools (NFHS) and Maryland Public Secondary Schools Athletic Association (MPSSAA) allow pole vaulters the option to wear a helmet or not. MCPS is a member of both the MPSSAA and the NFHS. Accordingly, **MCPS students participating in pole vaulting have the option to vault with or without a helmet.**

Studies and related literature are mixed on which is the safer option. Some literature emphasizes the greater degree of head protection that a helmet offers. Other literature emphasizes that, for multiple reasons, wearing helmets enhances the potential for other types of serious injuries. Parents and student-athletes are strongly encouraged to examine the available research in order to make an informed decision on whether to wear a helmet while pole vaulting. Resources can be found online at several sites, including, but not limited to [www.usatf.org](http://www.usatf.org), and [www.nfhs.org](http://www.nfhs.org).

If a helmet is worn, the helmet must meet the 2007 American Society for Testing and Materials #F2400-06 standard specifications for helmets used in pole vaulting. The ASTM Certification Stamp must be on the helmet.

It is important to note that even with large landing pads, and with the additional padding of hard surfaces, the planting box still remains a hazardous area for potential injury and a helmet should never be a substitute for safe equipment or sound technique.

**Please respond below regarding your child’s participation in pole vaulting:**

- I do not give permission for my child to participate in pole vaulting
- I give permission, but only with the use of a pole vault helmet
- I give permission, but only without the use of a pole vault helmet
- I give permission either with or without the use of a pole vault helmet

**Please sign below to indicate that you have read and understand the above.**

Parent/Guardian name	Parent/Guardian signature	Date
Participant name	Participant Signature	Date