

Guilford Youth Football Announces Guardian Caps Policy May 2025

Purpose

To enhance player safety by reducing the impact forces sustained during football activities, Guilford Youth Football (GYF) has adopted a mandatory Guardian Caps policy for all practices. This policy reflects our commitment to player health and aligns with evidence-based practices for head impact reduction.

Policy Overview

Mandatory Use for Practices:

All tackle players in the GYF program are required to wear Guardian Caps during all contact practices, including drills and scrimmages.

Optional Use for Games:

While Guardian Caps are not mandatory during games, GYF encourages continued use to maintain consistent protection and risk mitigation. Guardian Caps are approved to wear in games at all levels of football (youth, high school, college, NFL).

Provided Equipment:

Guilford Youth Football made an investment in purchasing Guardian Caps for all tackle-level players registered in our program for the 2025 season. Guardian Caps will be issued by the league at no additional cost to families. It is the responsibility of players and parents to ensure the caps are properly maintained throughout the season.

GYF was able to purchase Guardian Caps thanks to the success of our annual fundraising activities including, the Guilford Football and Cheer Golf Classic, Season Sponsorships and the Raffle Ticket program. Without these activities and the resources they generate, purchasing Guardian Caps would not be possible.

Benefits of Guardian Caps Use:

Guardian Caps are soft-shell helmet covers designed to absorb and dissipate impact energy during collisions. While they do not eliminate the risk of concussion, data shows they play a meaningful role in reducing the force of head impacts, which is a significant factor in overall player safety.

Key Safety Benefits

Impact Reduction:

Independent research and lab testing show that Guardian Caps can reduce impact

forces by up to 33% when one player is wearing the cap and up to up to 43% when both players are wearing them during a collision.

Linear and Rotational Force Dampening:

Guardian Caps address both linear and rotational forces, which are commonly linked to head injuries and concussions.

Heat Management:

Despite being an additional layer, Guardian Caps are designed with ventilation channels to allow airflow and help regulate helmet surface temperature.

Important Considerations

Not a Concussion Prevention Device:

While Guardian Caps can significantly reduce the force of impacts, they do not prevent concussions or other traumatic brain injuries. Concussions can still occur from rotational forces or blows not mitigated by padding.

Continued Emphasis on Safe Play:

Guardian Caps are just one component of our broader commitment to safe football. Proper tackling techniques, rule enforcement, and coaching education remain essential to reducing injury risks. All GYF coaches are required to complete USA Football certification requirements annually through their comprehensive and accredited coaching education program.

Compliance and Enforcement

- Coaches are responsible for ensuring all players wear Guardian Caps during practice.
- Players are required to wear their Guardian Cap during practice. If the cap is not properly attached to the player's helmet, they will not be allowed to practice.

Guardian Caps FAQs

The Guardian Caps website offers a robust FAQs section. We encourage all parents/guardians to visit their site to learn more about [the benefits of wearing Guardian Caps](#) as well as additional resources, [articles and other information](#) about player safety.

[Frequently Asked Questions | Guardian Sports](https://guardiansports.com/faqs/) (<https://guardiansports.com/faqs/>)