

# **LFHS Football Players**

## ***Important Notice About Helmet Cleaning***

**DO NOT USE ANY HARSH  
CHEMICALS TO CLEAN YOUR  
HELMET, AS THEY CAN  
WEAKEN THE PLASTIC**

**To clean your helmet you can use isopropyl alcohol for any tape residue, and then a dilute solution of a mild dish detergent (such as Dawn) that DOES NOT contain citrus products (like lemon)**

