

## Helmet Fit Checklist



- Level - The helmet should be level on the rider's head.
- Rim barely visible - The front rim should be barely visible to the rider's eye
- Y below the ear - The Y of the side straps should meet just below the ear
- Snug strap - The chin strap should be snug against the chin so that when the rider opens their mouth very wide, the helmet pulls down a little bit.
- Skin moves a little - Move the helmet side to side and front to back, watching the skin around the rider's eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back, or the helmet may even be too large.
- Stabilizer snug - If there is a rear stabilizer, adjust it until it is snug under the bulge on the rear of the head.
- Palm test - Have the rider put their palm on the front of the helmet and push up and back. If it moves more than an inch more fitting is required.
- Shake test - Have the rider shake their head around. This can be fun. If the helmet dislodges, work on the strap adjustments.
- Ask about comfort - Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.
- Be ready to switch - Not all helmets fit all heads. Be prepared to use a different helmet if the one you are fitting just will not work for this rider.

### Helmet facts in plain language.

#### What is a bike helmet?

A helmet protects your brain when you fall. It has a plastic shell on the outside and foam inside. It has a strap to keep it on when you fly through the air. It only covers your head, and the rest of your body is still exposed. So you still have to be careful.

#### How does a helmet work?

The foam crushes when you hit the road. That cushions the blow, and usually saves your brain. The shell makes it skid on the street so your neck does not get jerked. The shell also keeps the foam in one piece. It can split when you hit the car and not be there when you hit the street. If the strap is not right, your helmet can slip to the side or to the back. Then your bare head hits the road. Ouch. Pavement is very very hard.