

Cycle Helmet Fitting Guide

Cycle helmets are easy to wear and they are light. They offer protection to you and additional visibility. **You have to wear a helmet so make sure it works!**

To find and fit the correct helmet, follow these simple steps:

Measure your head size

Measure your head, or your child's head. Use a tape to measure round the widest part of the head, just above the eyebrows and the ears, as shown in the diagram. Select your helmet based on its size range.



Adjust the internal fit

Your helmet will be supplied with a method to adjust the size to fit you. The adjustment may be different foam pads, or a band round the back of the head that you can alter.

Position

The helmet must sit level on the head and forward. Leave a gap of no more than two finger widths above the eyebrows.



Side Straps

Adjust the side straps so the V shape meets just below the ear. It is easier to remove the helmet to make the adjustments.

Buckle

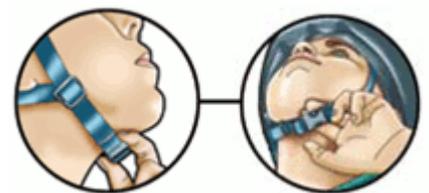
Adjust the buckle so it sits centrally under the chin. Tighten the chin strap so no more than two fingers can be slid underneath.



Final steps

Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.



Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Cycle Helmet Safety

- Replace any helmet that has been involved in a crash, or is damaged.
- Buy a helmet that fits your head now, not a helmet to "grow into."
- Replace any helmet that has been outgrown.
- If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to many adjustments. If you buy a helmet that you find comfortable and attractive, you or your child are more likely to wear it.

The Helmet Must Cover Your Forehead

The Chin Strap Must Be Tight and Properly Adjusted

The Helmet Should Not Rock Forward or Backward on Your Head

Helmets should have a kite mark and accord to: Adult Helmets - BS EN 1078 Child's Helmets - BS EN 1080