

## **Correct fitting of your cycle helmet**

- 1.** The helmet should be level on the rider's head.
- 2.** The front rim should be barely visible to the rider's eye
- 3.** The Y of the side straps should meet just below the ear
- 4.** 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.
- 5.** 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.
- 6.** If there is a rear stabiliser, adjust it until it is snug under the bulge on the rear of the head.
- 7.** 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.
- 8.** Have the rider shake their head around. This can be fun. If the helmet dislodges, work on the strap adjustments.
- 9.** Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.
- 10.** Not all helmets fit all heads. Be prepared to use a different helmet if the one you are fitting just will not work.

## Does your helmet fit correctly?

**A.** Open your mouth wide...big yawn! The helmet should pull down on your head. If not, think about tightening the chin strap.

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

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

