

How to Fit Your Helmet

**keep your
noggin safe!**



1



There should only be 1-2 fingers of space from the top of your eyebrow to your helmet.

2



At least one finger (no more than 2 fingers) should fit between the strap and your chin.

3



The side straps should form a "v" right below your ear.

4



The helmet should fit snugly without being uncomfortable and fit flat on the head, not at an angle.

5



Adjust the fit ring at the back of the helmet (if your helmet has one) so that it's snug against the back of your head.

6



Shake your head like a rockstar! If your helmet wobbles, go back through the steps.

Replace your helmet if:

- your helmet has been in a crash (even if there is no visible damage)
- your helmet no longer fits
- your helmet is dropped hard enough to crack the foam (look for small cracks)