

Helmet Sizing & Adjustment

Helmet Sizing

Bicycle helmets come in five sizes to fit heads with different circumferences. A bicycle safety helmet that doesn't fit or isn't adjusted properly is not safe. There are five standard sizes of certified helmets readily available. The size measure depends on the circumference (distance around) the head, measured at the forehead.

Compare the circumference of your head to this chart to determine what size your helmet should be. Most helmets come with sizing pads. A helmet should fit snugly. Use the different thickness pads to adjust the fit. Some heads are not the same shape as the standard helmets and in these cases a mixture of thick and thin pads in front and back or on the sides can be used to get the proper fit.



Helmet Adjustment

Eyes

The helmet is flat on the head and the front of the helmet can be seen by the wearer. Some people suggest that the helmet should be worn so that one or two fingers can be placed between the helmet and the eyebrows.

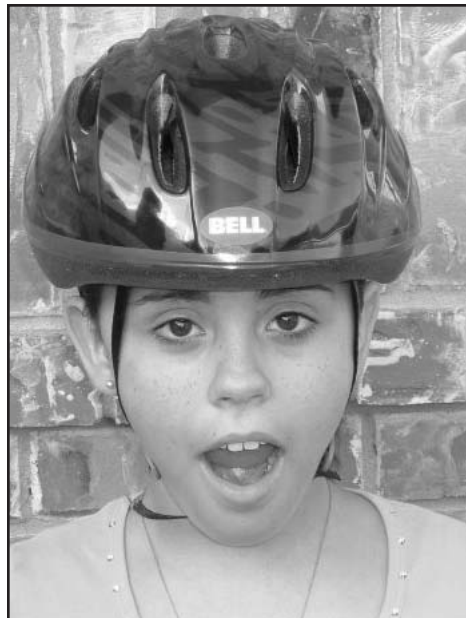
Ears

The straps on the side should form a "V" just below the ears with the front strap almost vertical. Many riders let the adjusting buckles slide down under the chin. When properly fitted, the helmet should not be able to be pushed backwards or forwards.

Mouth

Always buckle the strap under the chin. The chin straps should be buckled on every ride. It should be snug but not uncomfortably tight. One should feel the strap tugging on the helmet when the mouth is opened.

Extra Small (18.9" - 20")
Small (20" - 21 1/4")
Child (20 1/2" - 22")
Youth (21 3/4" - 22 3/4")
Adult S/M (22 1/2" - 23 3/8")
Adult M/L (23 1/8" - 23 7/8")



Remember These Tips

Wear a helmet straight and level on the head. The helmet must rest straight on the top of the head. The rim of the helmet should be level from front to back. It should be worn low on the forehead, just above the eyebrows. If the helmet is tipped back, it will not protect the front of the head.

To be effective, adjust the helmet for a snug fit. With the helmet correctly positioned on the head, gently rotate the helmet from left to right and from front to back. If the skin of the brow moves with the helmet, then the fit is correct. If the skin of the brow does not move when the helmet is rotated, the fit may be too loose.

Replace a helmet after a crash. Crash impacts will cause the foam of the helmet to crush. Even though the damage may not be visible, the helmet should be replaced.



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