



## HELMET POSITION

### TIPS TO WEAR YOUR HELMET PROPERLY

#### THE CORRECT SIZE FOR YOUR HEAD.



Make sure your helmet is the **correct size for your head**. The easiest thing to do is measure your head and then compare it with the size the supplier provides. e.g: 55-58cm. A tailors measuring tape works best, so using one of these take a measurement of the full circumference of the head two finger widths above the eyebrows and ears. If you don't have a tailors tap measure use a piece of string and then measure the string with a regular tape measure.

#### THE CORRECT LEVEL ON YOUR HEAD.



The helmet should be **level on your head** with the front sitting just above the eyebrows and the side straps fastened securely below the chin. Make sure your helmet is not falling to much in front (over your eyebrows!) or too little (leaving your forehead exposed!)

#### STRAPS ADJUSTED CORRECTLY ON BOTH SIDES



Keep your helmet **straps adjusted correctly on both sides**. For this you need to make sure to adjust the straps around your ear correctly. If it's too tight it may cause discomfort to your ear and if it's too loose the helmet might move side to side during a crash. The strap should be in V shape, with the lower end on the V and buckle just slightly under your ear. Some buckles have a quick release to make the adjustment of the straps even easier.

#### RETENTION SYSTEM



Most helmets come with a retention system on the back which helps to **have a tight fit**. Adjust this system whether you use the head cover or not. Turn the dial at the back of the head to accurately adjust the fit. The helmet should then not move if you shake your head (before also fastening the helmet straps.) You can allow a little room (just enough to squeeze a single finger) between your temple and the helmet.

#### CLIP SYSTEM TO FIX THE HELMET



Use the clip system to fix perfectly the helmet and tighten it so it's comfortable even when you open your mouth. These straps should be **as tight as is comfortably possible**.