

Bike Helmet Guide



→ Your bike helmet is an important piece of sports equipment. A certified helmet can reduce the risk of serious head injury by up to 85%. Your helmet needs to fit well so that it stays in place and protects your head if you crash or fall.

As of May 1, 2013, helmets are mandatory in Manitoba for cyclists under 18 years of age, infants and toddlers riding on bike trailers or bike carriers and toddlers on tricycles.

When buying a helmet, look for...

- ✓ One that is approved for cycling.
- ✓ One that is certified by CSA, CPSC, ASTM or Snell.
- ✓ One that fits your budget. The price of bike helmets can range from \$10 to several hundred dollars. As long as the helmet is certified, it meets the safety standards. So just because a helmet is more expensive, it doesn't mean it offers more protection.
- ✓ One that fits your head. Head sizes and shapes vary so try different models to find the one that fits you best. When buying a helmet for your child, buy the size that fits your child right now, not a helmet that he/she will grow into.
- ✓ Features such as straps and webbing that are easy to adjust, airflow vents to keep you cool on hot days, and a visor.
- ✓ One that you like!

For your helmet to protect you, it must fit properly.

→ Choose a helmet that fits snugly. Select the size that fits as tight as possible without being uncomfortable. Then use the sizing pads or adjustable band to fit the inside of the helmet to size and shape of your head.

Your helmet fits properly when:

- It does not wobble from side to side, or tilt from front to back.
- It does not move when you shake your head in any direction, even when it is not done up.
- The helmet stays level across the forehead just above the eyebrows.

→ Adjust the helmet according to the **2V1** Rule.

2 The helmet should be no more than two finger widths above the eyebrows.

V The straps should form a "V" under each ear.

1 One finger should fit between the chin strap and the chin.

→ Straps can loosen over time. Check the fit of your helmet and your child's helmet regularly.



Take care of your helmet

- Be careful not to drop your helmet. Avoid storing it in a hot place like the trunk of your car since heat can deteriorate the foam. Also, avoid applying stickers to your helmet as this can weaken the plastic.
- Replace your helmet at least every five years because the materials deteriorate over time. Some manufacturers recommend replacing it every three years.

- Cycling helmets are designed to withstand one hard impact. If your helmet has been in a crash, or has had a hard fall, replace it, even if it does not appear to be damaged.
- Follow the manufacturer's recommendations for cleaning your helmet.