



PROPER HELMET FIT

One of the most important pieces of equipment you use as a cyclist is your helmet. We have noticed some riders with poorly fitted helmets. Look at the photo above. Do you think all these helmets are fitted properly?

A helmet worn incorrectly could be a serious issue if you have a fall. So, we reached out to our Ride Marshals who have to meet many criteria including instruction on proper helmet fit. They have generously agreed to help us.

So, be a little early on Saturday morning in Pattison and join our exciting and potentially head-saving **Helmet fitting clinic**.

Meet the Ride Marshals near the bus at 7:15 a.m. and wear your helmet.

The clinic will start promptly and should take no more than 15 minutes.

If you want to be even an expert yourself, watch these two videos. Both are short but thorough. One covers helmet fit and is produced by Trek. The second one covers how do you know when your undamaged helmet needs to be replaced? Do bicycle helmets ever

"expire?" This raises great questions and has some solid research. You can speed up both videos to 1.25 and still understand them well.

Good Helmet Fit

<https://www.youtube.com/watch?v=6xte8c9KFml>

Do Bicycle Helmets Expire

<https://www.youtube.com/watch?v=Pe8PAkRMnHM>

The ESSENTIALS of GOOD helmet fit.

1. Select a helmet that is appropriate for road biking.
2. The front should cover your head so that only 1 or 2 fingers fit between the helmet brim and your eyebrows.
3. The back should be snug. Use all the adjustments in the back. Some have one. Others have two. Watch the video.
4. The side straps should make a V and generally be just below the ear.
5. The chin strap should be only loose enough to fit one finger between the strap and your neck.
6. Final test: Unstrap the helmet, lean over, and shake your head. Does the helmet stay on? Then, it's fitting you.

Poorly fit helmets are either TOO BIG or TOO SMALL.

1. A helmet that's too big will be too low, loose, block your line of sight and be uncomfortable.
2. A helmet that's too small will sit too high on your head, not protect your forehead, and will hurt.

Thanks!

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