

# Helmet Fit Tips

## A GUIDE FOR FAMILIES AND TEACHERS

### Helmets Protect Our Brains!

Wearing a helmet when riding a bicycle or scooter can prevent brain injuries and protect our faces if we crash or fall. **Helmets can only protect our heads when they fit properly and are worn correctly.** Use these tips to help your students learn how to properly fit and wear their helmet, and feel supported in the process.



### HAIRSTYLES & HEADWEAR WITH HELMETS

Some youth helmets do not accommodate select hair styles or religious headwear well. Some examples include: afros, dreads, high ponytails, high pigtails, beads/poms/bows, thick material headwraps, and kippahs.

#### *Tips for Teaching*

- ✓ **Communicate with parents** prior to the lesson. Share with them the helmet fitting activity you will be doing in class and ask for guidance on how to best support their child.
- ✓ **Provide some larger helmets** for students to use, while ensuring the helmet still fits snugly and is fully secured and stabilized on the student's head. Sizing up is normal and can be necessary.
- ✓ **Keep the talk positive** so the students do not feel their hairstyle or headwear is a "problem." It's not!

#### **Frequently Asked Helmet Questions!**

**Question #1:** How can you make a student feel included and comfortable if they can't participate in a helmet fitting activity?

**Suggested Response:** Consider appointing the student as a special assistant for that class period to assist other students with helmet fitting.

**Question #2:** How can you respond to a student who says they can't afford a helmet?

**Suggested Response:** First, thank the student for sharing this with you. Consider saying the following if it is accurate for you, "I will look into some local resources where we can get low-cost helmets and get back to you or your family. Sometimes Children's Hospitals or police officers have helmets for free or for a reduced price." Safe Kids Wisconsin is one possible resource (<https://www.safekidswi.org/>).

**Question #3:** How can you respond to a student who says "I don't (have to) wear a helmet at home, why at school/event?"

**Suggested Response:** Be direct and informative by saying, "Wearing a helmet is important whenever you ride a bicycle - at school or at home - because helmets protect your brain. While you may follow different rules at home, it is part of my job to help keep you safe. It's also my responsibility to give you information that can help you make smart, safe decisions when you're not at school."



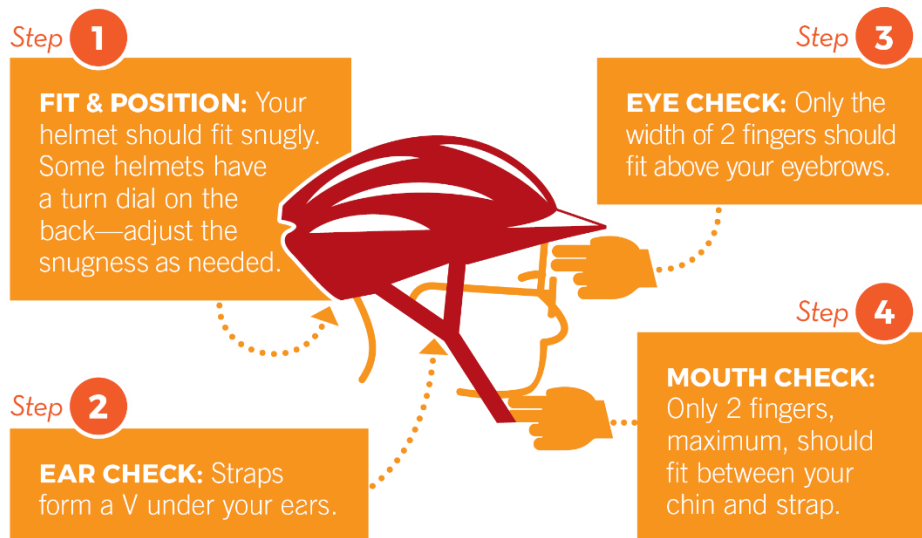
<sup>1</sup> National Safety Council, *Bicycle Safety Statistics May Surprise You.*  
<https://www.nsc.org/safety-first-blog/bicycle-safety-statistics-may-surprise-you>

## HELMET FITTING HOW TO

1. **Measure:** Helmets come in many sizes based on head circumference. Find the right size helmet by measuring head circumference just above the eyebrows. Use a piece of string and a ruler, or a soft measuring tape, to measure and match the circumference range with the helmet size.
2. **Fit snugly & shake:** Place the helmet squarely on the student's head and tighten the dial on the back of the helmet. For helmets without a dial, the helmet should have enough pads to make a snug fit. The helmet should be snug enough that it stays in place when students shake their heads.
3. **Buckle & test:** Buckle the helmet and do the 2-2-2 fit test (see below).

# HELMET FITTING

Make sure your helmet fits correctly and you're wearing it every time you go for a ride!



## WHEN TO REPLACE YOUR HELMET

1. If your helmet is **cracked or damaged**.
2. If the protective parts of the helmet, such as the pads or the outer shell, become **worn down**.
3. If you get in a bicycle **crash**.
4. If it is **expired**.
5. If it **cannot be adjusted** to fit your head correctly.
6. If it is not **Consumer Product Safety (CPSC) approved**.



Find more walking & biking safety tips, lesson plans, and activities at [eastcentralsrts.org](http://eastcentralsrts.org)