



Make Sure it Fits

Pick and Fit Your Helmet

First, go to a bike shop to buy your helmet. Pick one that you like and then make sure you and your parent have checked to make sure it's the right size. Turn the helmet over and look inside it. It should have a sticker with the initials CPSC. That stands for the Consumer Product Safety Commission, which is the government agency that decides if a helmet is good enough and safe enough to wear. If a helmet you want doesn't have that sticker, it is no good!

Helmets that are white, light colors or bright colors are better than dark helmets because they are easier for drivers to see.

Put your helmet on so it is level and snug – if you can slide it around easily, switch to the thicker pads that came in your helmet box.

Next, learn to fit your helmet. It's called the One Two V System

You should see the very edge of your helmet when you look up past your eyebrows. No more than **TWO** finger widths should be between the rim of your helmet and the bridge of your nose.

The straps should be loose enough so you can breathe and insert **ONE** finger between the buckle and your skin, but tight enough that if you open your jaw you can feel the helmet pull down on the top of your head. You should never be able to pull off the helmet with the straps buckled!

The two straps on either side of your head should come to a **V** right under your ear lobe. Move the sliding adjustment buckles on the straps to form the V. The **V** also stands for the **V** in le**Ve**l, which is the way the helmet should sit on your head. It should not be tilted back on your head or forward over your eyes. If you need help fitting the helmet, go to a bike shop.

Don't throw or drop your helmet and never leave it in a really hot place like a car on a hot day because it will hurt it (even though you won't be able to see the damage.)

Get a new helmet if yours is damaged, doesn't fit anymore or is more than four years old.

Remember the One Two V Test

One is for the one finger that should fit between your skin and the fastened chinstrap

Two is for the two finger widths between the bridge of your nose and the helmet brim

V for the **V** shape formed by the straps under your ears and for the **V** in le**Ve**l, which is how the helmet should sit on your head.

