

Bike Helmet Fitting Tips and Guidelines

Bicycle helmet size is based on head size, not age! Please see instructions below on how to properly measure head size.

TO MEASURE:

1. Use measuring tape strip.
2. Start measuring tape strip above the eyebrow and wrap around head until the two sides of the tape meet.
3. Write down on a piece of paper the distance around the head in inches. Use this measurement to identify the appropriate helmet size, which typically is listed in "inches" on the bike helmet box

The Bicycle Helmet Institute provides a comprehensive helmet sizing chart with U.S. hat size matched with head circumference. Portions of that chart are shown below:

Head Circumference (measured in inches)	Hat Size (measured in inches)	Bike Helmet Size (approximate)
20 1/2"	6 1/2"	Toddler
20 7/8"	6 5/8"	Small
21 1/4"	6 3/4"	Medium
21 5/8"	6 7/8"	Medium
22"	7"	Medium
22 3/8"	7 1/8"	Medium
22 3/4"	7 1/4"	Large
24 1/8"	7 3/4"	Larger helmets usually available

***Please note that the sizes listed above are approximate.

TO FIT:

EACH TIME A CHILD PUTS ON A HELMET:

1. Place helmet on head so the front of the helmet is level with the ground. Helmet should rest just above the eyebrows.
2. Straps should form a "V" around ears. Place fingers around ears to check.
3. Secure buckle so no more than 1 finger fits between the strap and face—the strap should be snug.
4. Place the helmet on the child's head and buckle and tighten the chinstrap.
5. Gently lift the back of the helmet up. The helmet should not move up and forward. If the helmet moves:
 - a. Tighten the back strap.
 - b. Make sure the chinstrap is snug (no more than 1 finger should fit between the strap and the chin).
 - c. Adjust the padding thickness and/or position—especially in the front.

6. Put a hand on each side of the helmet and rock from side to side. Have the child shake his/her head "no" as hard as possible. The helmet should not move from side to side. If the helmet moves:
 - a. Adjust the padding thickness on the sides.
 - b. Make sure the strap is evenly adjusted.
7. Have the child open his/her lower jaw as wide as possible without moving his/her head. The top of the helmet should pull down. If the helmet does not pull down when the child opens his/her mouth:
 - a. Tighten the chinstrap.
 - b. Make sure the front and back strap junction (the "V") lies under each ear.
8. Check to see where the front edge of the helmet covers the child's forehead. The front edge of the helmet should not be more than two or three fingers' width above his/her brow. If the helmet does not cover the child's forehead properly:
 - a. Position the helmet no more than two or three fingers' width above the brow.
 - b. Tighten any loose straps.
 - c. Make strap adjustments so the helmet stays over the forehead.

NOTE:

Any helmet involved in a crash or damaged should be thrown away "one crash and its trash" and replaced. All helmets should be replaced at least every 5 years or sooner if recommended by the manufacturer.

A bike helmet meeting the Consumer Product Safety Commission (CPSC) standard can be used for roller and in-line skating and recreational scooter riding. The American Academy of Pediatrics recommends that skateboarders use a bike helmet that meets the CPSC standard or a multisport helmet that meets the Snell Memorial Foundation N-94 Standard.

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