

## Bicycle Helmet Safety Institute

# Helmet Fit Checklist

- \_\_\_\_\_ **Level** - The helmet should be level on the rider's head.
- \_\_\_\_\_ **Rim barely visible** - When the rider looks up, the front rim should be barely visible to their eye
- \_\_\_\_\_ **Y below the ear** - The Y of the side straps should meet just below the ear. (This is not adjustable for some helmets.)
- \_\_\_\_\_ **Snug strap** - The chin strap should be snug against the chin so that when the rider opens their mouth very wide the helmet pulls down a little bit.
- \_\_\_\_\_ **Skin moves a little** - Move the helmet side to side and front to back, watching the skin around the rider's eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back, or the helmet may even be too large.
- \_\_\_\_\_ **Stabilizer snug** - If there is a rear stabilizer, adjust up or down if possible and snug it up under the bulge on the rear of the head.
- \_\_\_\_\_ **Palm test** - Have the rider put their palm on the front of the helmet and push up and back. If it moves more than an inch more fitting is required.
- \_\_\_\_\_ **Shake test** - Have the rider shake their head around. This can be fun. If the helmet dislodges, work on the strap adjustments.
- \_\_\_\_\_ **Is it comfortable?** - Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.

### Assessment:

Note: **Be ready to switch** - Not all helmets fit all heads. Be prepared to use a different helmet if the one you are fitting just will not work for this rider. Since helmets with sewn strap junctions have only one adjustment—chinstrap length—they may not fit some head shapes at all.