

# SIZE +FITTING GUIDE HELMETS



## Step 1 – Measurement

Place a tape measure slightly above the ear and bring it across the forehead completely circling the head about 2cm above the eyebrows. Do this a couple of times to double check that you have the correct measurement. Check head measurement against current size ranges M-L (54cm-58cm) & L-XL (58cm-62cm).

## Step 2 – Fitting

To be effective, a helmet must fit and be worn correctly. To check for correct fit, place helmet on head and make any adjustments indicated in step 3. Securely fasten retention shock lock system (**see diagram A**). Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should not: rotate/move, be uncomfortable or slip forward to obscure vision or rearward to expose the forehead. To ensure proper fit, mix and match the pad thickness to best conform to your head shape (**see diagram B**).

## Step 3 – Retention Shock Lock System

This helmet uses a retention shock lock system that is simple and can be buckled and unbuckled without changing the adjustment. The straps must be snugly and evenly tensioned. The helmet is designed to be retained by a strap under the lower jaw. Place the helmet firmly on your head and fasten the buckle (**see diagram B**). Take note of any loose straps and tighten only after removing the helmet. To tighten the chin strap hold the buckle with one hand and pull the excess strap through (**see diagram A**).

To tighten the rear strap, pull excess from the rear of strap 2. Hold the helmet with one hand. With the other hand hold the strap where they pass under your chin. Then pull from side to side to balance the length of all your straps. The helmet must sit firmly and level on the head (**see diagram C**). To lower the front of the helmet in order to cover the forehead, tighten the chin strap and loosen the rear strap. To raise front, loosen the chin strap and tighten the rear strap. Note: Please check the adjustment every time the helmet is worn.

## Step 4 – Final Check

To check for proper tension, put on helmet and fasten the buckle. You should feel the strap pulling against your chin when you open your mouth. Attempt to pull the helmet off the front and rear of the head. If the helmet comes off increase strap tension and examine if pads are being used effectively. The helmet should not be able to roll forward or backward excessively. For maximum protection, it should not be possible to remove the helmet without unfastening the buckle. All adjustments should be checked each time the helmet is worn, making sure it fits snugly at all times.

