

Arai helmet size guide

Helmet size and fit chart

Proper helmet fit is vital to the performance of a helmet during an impact.

The best possible protection in the event of a fall or accident can only be assured if your helmet is the correct size. For maximum protection, the helmet must fit properly with the chin strap securely fastened and provide adequate peripheral vision.

Follow the steps below to determine the right helmet for you:

▲1. Measure the size of your head

Measuring the head is only a starting point. Due to the variation in shapes, heads that are apparently the same size when measured with a tape may not necessarily fit the same size helmet. The circumference of the head should be measured at a point approximately one centimetre above the eyebrows at the front and at a point at the back of the head that results in the largest possible measurement.

Take several measurements. The largest measurement is the one to consider first. If you wear a balaclava or balaclava for your head, always measure and adjust the helmet with it on.

When fitted correctly, the helmet should be worn low on the brow, eyes near the centre of the eye opening, resting on the top of the head with even, firm pressure all around, tight without excessive pressure points.

Use a flexible sewing tape and ask a friend or family member to help you take the most accurate measurements. **Add one centimetre to the measurement taken.**

▲ 2. Determine the correct helmet size

ARAI size chart

Please note that not all helmets are manufactured in all available sizes.

Size	Measures (cm)
XXS	51-52
XS	53-54
S	55-56
M	57-58
L	59-60

Size	Measures (cm)
XL	61-62
XXL	63-64
XXXL	65-66

▲ 3. Check that the helmet fits correctly.

With the helmet on and the chin strap fastened and correctly adjusted, check that the helmet is the correct size and fits correctly.

Step 1:

Check that all pads inside the helmet are in firm contact with your head but do not put excessive pressure on your head pads, cheek pads and forehead pads.

Step 2:

With the helmet on, hold it firmly between both hands and move it up and down. Try to rotate the helmet.

These movements should make you feel the skin on your face and scalp move as the helmet moves. If the helmet moves too easily it is too big.

Step 3:

With the helmet on, grab it by the chin part and try to pull it off your head backwards. If you can do this, the helmet is too big or the chin strap is too loose.

Step 4:

Grasp the back of the helmet with both hands and try to rotate it forward on your head.

If you can remove the helmet from your head in this way, the chin strap is too loose or the helmet is too large. Readjust the chin strap or, if necessary, select a smaller helmet size.

If you have any questions about the correct size of your helmet please contact us via our contact form or call us on 937 212 734 and our team will be happy to help you and answer any questions you may have.
