



Does Your Helmet Fit Correctly?

Place your helmet on your partner's head. Guide your partner through the steps below to be sure that their helmet fits correctly.

Your Name _____ Partner's Name _____

Ask your partner to look up with the helmet on. Can your partner see the brim of the helmet?

Yes No

Do the straps that go past the ears create a V shape?

Yes No

Is the chin strap tight enough so that only two fingers can fit between the chin strap and his or her chin?

Yes No

Ask your partner to shake their head up-and-down and side-to-side. Does the helmet move around a lot?

Yes No



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