

The Perfect Fit

Wear your helmet properly to reduce the risk of brain injury

2V1 Rule: Chin strap in a "V" shape under an slightly in front of the ear.

2 Fingers fit between eyebrows and helmet

1 Finger fits snugly under chin strap

This will create a fit that is snug, level and stable enough to resist violent shakes and hard blows.

Helmet should touch the head at the front, top and all sides.

Incorrect Wear:

- No stickers
- No hats
- Not loose
- Not forward