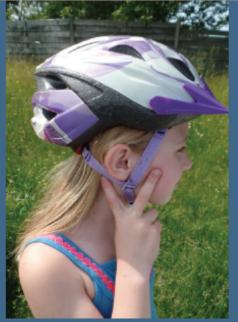
The **2V1** Rule: How to fit your child's helmet





fingers above the eyebrows



Straps form a

V

under the ears



finger fits between the strap and chin

Is your child wearing the right helmet for the activity?

Bike helmet



- Single-impact
- Designed for biking, scooter riding and in-line skating
- Replace after impact

Skateboard helmet



- Multi-impact
- Designed for skateboarding
- Covers more of the back of the head than bike helmet

Multi-sport helmet



- Multi-impact
- Meets safety standards for more than one sport
- Verify which sports it is certified for

Hockey helmet



- Multi-impact
- Designed for hockey, ice skating and sledding
- A face grill should be worn for hockey

Snow sport helmet



- Single-impact
- Designed for skiing and snowboarding

Helmets for sale in Canada should have a certification label inside from CE, Snell, ASTM or CSA.

For the best protection, always check manufacturer instructions for every helmet.

Have questions? Call us at 1-866-288-1388





