

# Why should your child wear a sport helmet?

A sport helmet will help protect your child from brain injury or death if they have a bad fall or crash.

## Step 1: Choose the **right helmet**

### Different sports call for different types of helmets.

Some helmets are still good after several soft falls or light crashes. Others need to be replaced after a single fall or crash. Check the owner's manual for more information.



**Bicycle/Scooter Helmet**

Replace after one crash or fall



**Skiing/Snowboarding Helmet**

Replace after one crash or fall



**Multisport Helmet**

Still good after several soft falls or light crashes



**Hockey/Skating/Sledding Helmet**

Still good after several soft falls or light crashes

## Step 2: Make sure the **helmet fits**

Use the **2V1** rule



**Two fingers between eyebrows and helmet**  
The helmet should cover the top of the forehead



**Straps form a V under the ears**  
The buckles on the side strap should fit right under the ear



**One finger under the chin strap**  
Tighten the chin strap until you can fit only one finger between the strap and the chin

## Dos and Don'ts

**DO** choose a helmet that is CSA approved.

**DO** fasten the chin strap every time the helmet is worn.

**DO** make sure the helmet is snug and does not slide back and forth.

**DO NOT** wear anything under the helmet that changes the way it fits the child's head. This includes hats and hair clips.

**DO NOT** put stickers or decals on the helmet.