

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.