

Koqoey wjit knijan nasktow mila'timkewey melke'k a'kwesn?

Amalmila'timkewey melke'k a'kwesn apoqnmataw mu talteskn wunji knijan kiswa mu siktesin elmiaq ta'n tujiw knekk wjinisiey kiswa ksitesin.

Amkwesewey : M'kne'n tetpaqtek melke'kewey a'kwesn

Ta'n tel pilu-mila'sin na tel nuta'n melke'kewey a'kwen
Eykl melke'kewe'l a'kwesnn wela'sikl me' kelukl ta'n tujiw kla'kej nisien kiswa kla'kej kesitesin. Pilue'l nuta'ql sa'se'wa'tasin ta'n tujiw te'sk ne'wt kisien kiswa kesitesin. Menaqaj ankapte'n wije'ti'tij wi'katikn wjit me' ewikasin koqoey.



Amalkasimkewey/ Kaqmi-amalkasimkewey
Melke'kewey A'kwesn



Kaqmi -alio'lsamkewe'l melke'kewe'l a'kwenn
Sa'se'wa'tsk ta'n tujiw kisi kesitesin kiswa kisi nisien.



Millukwemk Melke'kewe'l a'kwesnn
Me' kisi e'wten ta'n tujiw kla'qej kisi nisie'sip kiswa kla'qej kesitesinu'sip.



A'ki/alipqumimk / alio'lsamkewe'l Melke'kewe'l a'kwenn
Me' kisi e'wten ta'n tujiw kaqi'sk nisie'sip kiswa kaqi'sk kisi kesitesinu'sip.

Ta'puewey: Wji kotleweyi welkmn Melke'kewey a'kwesn

E'we'n ula **2V1** wije'wasik



2 **Tapu'kl ktluwiknn welteskl miawe'k wit- ku'k aqq melke'kewey a'kwesn**
Melke'kewey A'kwesn miamuj pa anquna'toq ktukwejan.



V **Kelpilaqn telipilasik nkutey V ipkewe'ke'l ksituagqnke'l.**
Keluskutaqn anapow kelpilaqn amuj weltesk inaqnk pkewe'ke'l ksituagqnk.



1 **Newte'jit ktluwikn weltesk lame'ke'l kelpilaqniktuk**
Sekipile'n kelpilaqn ktukape'knk misoqo wltesk newte' ktluwikn miawe'ke'l klpilaqn aqq ktukwape'nk.

Tela'tekemk aqq mu tela'tekemit

- Tla'tu** mkne'n Melke'kewey A'kwen ta'n CSA welte'tasik
- Tla'tu** mkne'n melke'kewey a'kwesn ta'n CSA welte'tasik
- Tla'tu.** Klpile'n ktukwape'kney klpilaqn te'sk kisi naskmn
- Tla'tu** mlki jiko'te'n net melke'kewey a'kwesn wel nasten aqq mu assui-aja'sinuj
- Mukk** naskmu koqoey lame'k melke'kewey a'kwesniktuk ta'n pilua'tow ta'n tel wlnastek mijua'jijk wunjek. Wiaqwi'tmn a'kwesnn aqq kusapunk wejinastekeweyel.
- Mukk** naso'low milamuksultijik kna'taqnk melke'kewey a'kwesniktuk.

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 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 chin.

Dos and Dont's

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.

DO NOT put stickers or
decals on the helmet.