

# 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.

### **Do** 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.