

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

CHILDSAFETYLINK
Here for you.



2
fingers above
the eyebrows





Straps form a
V
under the ears



1
finger fits between
the strap and chin



► **Is your child wearing the right helmet for the activity?**

<p>Bike helmet</p> 	<p>Skateboard helmet</p> 	<p>Multi-sport helmet</p> 	<p>Hockey helmet</p> 	<p>Snow sport helmet</p> 
<ul style="list-style-type: none"> • Single-impact • Designed for biking, scooter riding and in-line skating • Replace after impact 	<ul style="list-style-type: none"> • Multi-impact • Designed for skateboarding • Covers more of the back of the head than bike helmet 	<ul style="list-style-type: none"> • Multi-impact • Meets safety standards for more than one sport • Verify which sports it is certified for 	<ul style="list-style-type: none"> • Multi-impact • Designed for hockey, ice skating and sledding • A face grill should be worn for hockey 	<ul style="list-style-type: none"> • Multi-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



childsafetylink.ca
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