

Helmet Selection Guide

Toddler Helmets: (\$7.00 – Usual stock colors include blue and pink).
These helmets are designed for children age 1 and up and are worn by kids that ride on



tricycles. They come down low in the back to protect the base of the brain in the event that the child tips over backwards on a three-wheeled tricycle. The recommended age for helmet use starts at one year of age when a child should have adequate head and neck control to support the weight of the helmet. If a child is riding in a seat behind a bike before one year of age, the parent should be aware that a helmet is important to use when participating in wheeled sports. They will need to weigh the risk of using a helmet before the recommended age vs. waiting to participate in these activities.

Bike Helmets: (\$7.00 – Usual stock colors include red, white, blue, black, green and purple).

The dynamics of a bike crash is that the rider usually falls off to the side or over the



handlebars. Bike helmets protect the top and sides of the head and should only be worn for riding a bike as they do not provide adequate protection for other wheeled sports.

Multi-sport Helmets: (\$10 – Usual stock colors include blue, black, white and silver).



Multi-sport helmets are designed to protect the base of the brain also. They go down further in the back to cover the brainstem in the event of a rider falling over backwards while riding on a scooter, skateboard or in-line skates. Multi-sport helmets can also be worn to ride on a bike as they provide adequate protection for that activity as well.

General Helmet Guidelines:

- Helmets should be replaced when any of the following occur:
 - The helmet is older than 6 years of age.
 - The helmet no longer fits.
 - There are broken for missing parts.
 - The padding has been lost or damaged.
 - The helmet has hit the ground or other hard object in a crash.

- To measure for a helmet, the head circumference (around the head and just above the level of the eyebrows) should be measured.

- Helmets should be worn level on the head, not tilted. This does not provide protection to the forehead part of the brain in the event of a crash.

- The straps on a helmet should be used at all times or the helmet will fall off the head in a crash, providing to protection to the head during the fall.

- All helmets purchased should be labeled that they meet the CPSC Bike Helmet Standards.

- Helmets sold for wheeled sports (biking, skateboards, scooters, etc.) are not designed for motorized sports such as ATV's, motorcycles, etc.