

Before you ride, make sure your helmet is fitted properly by following the steps below.

Before you put your helmet on check:

- ★ Does the helmet have an Australian Standards sticker? (*Helmets without this sticker do not meet Australian safety standards*).
- ★ On the outer shell of the helmet there should be no cracks, broken or loose parts.
- ★ On the inner shell of the helmet there should be foam lining or padding. There should not be cracks or missing pieces.
- ★ The straps should not be frayed or have pieces missing. All clips and buckles should fasten properly and have no broken or missing pieces.



Putting the helmet on your head:

- ★ Does the helmet fit firmly around your head? (*If the helmet wobbles or moves you can make the helmet smaller with the adjuster at the back. If your helmet doesn't have an adjuster you can put extra padding inside the helmet. This can be purchased at your local bike shop*).
- ★ Is there a 2-3 finger space between your eyebrow and the front of the helmet? (*The helmet should not sit at the back of your head leaving your forehead exposed*)
- ★ Is the strap done up with a 2 finger space between your chin and the strap? (*The strap should not be loose and hanging down around your neck. The strap shouldn't be so tight that you can't move your mouth*)



Correct ✓



Incorrect ✗

Remember to always wear your helmet when you ride - its the law!