

STATION 1: How to Fit a Helmet

Recommended Age Group: Kindergarten - Grade 8

Mode: Bike & Scooter

Learning Objective

Participants will learn how to properly fit a helmet and the importance of wearing a helmet.

- "2 V 1" Rule.
- Bike helmets help reduce the risk of a serious brain injury.
- It's the Law - Every cyclist under the age of 18 must wear an approved bicycle helmet.
- Make sure the helmet is in good working condition.

Planning for this Station

Time: 10 minutes

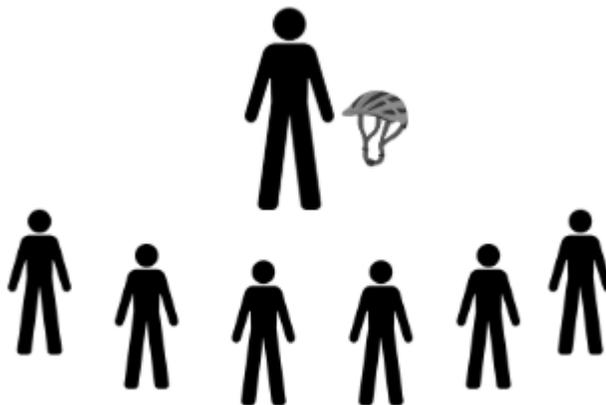
Recommended # of students per group: 10

Equipment: Helmets

Number of Leaders required: 1-2

Set Up

Students stand in a semi circle along with a facilitator demonstrating with a helmet.



What You Need To Know

Helmets should be individually inspected, and volunteers should be looking for the following:

- Helmet is the correct size for a child - should lay flat on head, and when fitted properly.
- Helmet has an APPROVED sticker from a designated testing agency listed in the Highway Traffic Act. (CSA, CPSC, ANSI, BSI, ASTM, SAA).
- Helmet is an actual Bicycle Helmet (should be listed on the sticker inside the helmet).
- Helmet should be in good condition. When checking the helmet, make sure there are no dents to the outer shell, and make sure the foam of the interior is intact.
- Helmet is under 5 years of age (the sticker in the inside of the helmet will have the date of manufacturing).



A letter can be sent home with students if the helmet is not considered safe or appropriate (template included at the end of this station).

Instructions

1. Have students place their helmets flat on their heads.
2. “2 V 1 Rule” (refer to diagram)
 - Take two fingers and place them above the eyebrow. The helmet should lay flat against the participant’s forehead, with limited skin showing.
 - Take two fingers; make a “V” shape. Place the V’s around your ears. These fingers represent the straps that lay flat around the ear. Have students do up the buckle under the chin.
 - Take one finger, and place it between the chin, and the strap – that is all the space that should be allowed.
3. Once all students have been fitted, come back together as a group and discuss the Final Discussion Points below.



Once fitted properly, **the helmet should not move more than 1 inch in any direction.**

Final Discussion Points

1. The #1 rule when riding a bicycle is: **Wear a helmet every time you ride.**
2. In order for a helmet to protect your head, and potentially prevent an injury, it should be the correct size and properly adjusted.
3. Caring for your helmet: To prolong the life of your helmet, make sure to keep it in a dry place, preferably hanging it up either on your bike or inside your garage.

Source: MTO - Young Cyclists Guide, 2010

Dear Parent/Guardian,

Your child participated in a **Walk and Roll Skills and Drills Event** today and, upon inspection of their helmet, the following was noted:

- Helmet is improper size for a child (baby or child helmet – too small, adult helmet – too big).
- Helmet does not have an APPROVED sticker from a designated testing agency listed in the Highway Traffic Act (CSA, CPSA, ANSI, BSI, ASTM, SAA).
- Improper bicycle helmet (ski/snowboard, hockey, motocross, baseball, football, or a skateboard only helmet – not permitted).
- Helmet is damaged or deteriorated.
- Helmet is over 5 years of age / or date of manufacturing cannot be confirmed (sticker was removed).

It is our recommendation that your child's helmet be replaced to ensure their safety when riding their bicycle or scooter.