



## FITTING A BIKE HELMET



The helmet should sit level on your head and low on your forehead—two finger-widths above your eyebrow.



Adjust the slider on both side straps to form a “V” shape under the ears.



Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Open your mouth wide. The helmet should pull down.

If your helmet moves front to back, adjust the side straps.

Roll the rubber band down to the buckle.