

# Life Cycle Guide

## Helmets

### Helmets

Although there is much debate on the pros and cons of the wearing of helmet, there is currently no law requiring cyclists to wear helmets in the UK and therefore it is down to individual choice.

Many parents will encourage their child to wear a helmet. In this case you should follow some basic rules, the toughest helmet in the world won't be much good if it slips around on the rider's head when they fall.



### Top tips for choosing a helmet:

- You should only buy a helmet if it carries a CE mark and one of the normal safety standards e.g. BS683:1989, A.S.2063, ANSI., IZ. 90.4 SNELL, B90 or B95.
- It is essential that it is comfortable and fitted correctly sitting at the front of you child's head and never in a "sling" back position. A badly fitted helmet can be a liability not a protection, so see our tips below on correct fitting.
- If a helmet has been dropped, hit, involved in a collision or damaged in any way it should be thrown away and replaced.
- All helmets should be replaced every three years, even if they have been well cared for.

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### Top tips for fitting a helmet correctly

1. Measure the head around its circumference, about one inch above the eyebrows. Match your head size to the size of the helmet (printed in the helmet, on a label or on the box).
2. Place the helmet squarely on your child's head and fasten the straps. If it's loose, use the pads or straps to get a close fit. It should feel snug all the way around, but not too tight.
3. Once the pads are fitted, place the helmet back on your head. Keep it level, about one inch
4. The front strap should be as vertical as possible. The rear strap should join the front strap, just under the ears.
5. Fasten the buckle, which should rest under the chin, not on the jaw line. Take great care not to pinch the skin under the chin, as this is a sure way of putting a child off wearing it.
6. Try to move the helmet on your head. It should not move very much. If the helmet falls to the side, or towards the back of the head, then it is too big and could cause more damage in the event of an incident.

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