

## BEAVERTON



Safe Routes to School

## Helmet Fitting

**Purpose** Introduce steps to ensure proper helmet fit on every ride.

### Learning Objectives

By the end of these activities, students will be able to:

1. Know why it is important to wear a helmet on every ride.
2. Know how to adjust their helmet to ensure proper fit.
3. Help others with proper choice and adjustment of helmets.

**Standard Connections:** PE.4.7-8.6, HE.6.6-7.6, HE.1.6-7.11, PE.4.6.1, PE.4.4.4, HE.1.4.4, PE.4.3.5, HE.7.2.2, HE.7.1.2

### Time Required

Activity	Summary	Time (m)
1. Introduction	Types of helmets, uses and selection	5-10
2. Helmet Fitting	Demonstration and practice adjustment and fit	20

### Materials

Item	Activity	Amount
Samples and/or Pictures of various helmets	1	1 for teacher
Helmet Fit Check Sheet and pen/pencil	2	1 for each student
Masking Tape and Markers	2	A few
Volunteers	2	1 per group (ideal, not required)

### Advance Preparation

Ask for volunteers to help with this lesson. This is not required, but adjustments of straps can be time consuming. If there are assistants who know how to fit a helmet, and who can work with smaller groups, this lesson will be more effective.

If using helmets for future lessons, have place to store. If sharing helmets between students, ensure adequate numbers/ materials to allow for de-lousing.

## Activities

### 1. Introduction

As a class, brain storm different sports that require special gear to stay safe: hockey and football (helmet, pads), roller bladeing and scootering (helmets, knee pads, wrist guard), etc. Discuss why these sport have protective gear.

Introduce bike helmets: “Bike riding is a lot of fun, and the best way to keep having fun on your bike is to get skills and practice to become a really good bike rider. But crashes happen. The best way to protect yourself in case you crash is to wear a helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection just in case.”

Show different styles of bike helmets:

- Multi-sport: good over all protection, limited air ventilation.
- Bike specific helmet: straps must be frequently adjusted for proper fit.

Whichever helmet you choose, make sure it has an approval sticker from CPSC (<http://www.cpsc.gov/en/Newsroom/News-Releases/1998/CPSC-Issues-New-Safety-Standard-for-Bike-Helmets/>). Most helmets are good for one crash, be careful with it, and replace it if you crash.

### 2. Helmet Fitting

Divide class into pairs or small groups:

- a. Demonstrate how to test to ensure you have the right sized helmet, have class do and check each other.
- b. Demonstrate how to adjust with dial, straps and pads, have class do and check each other.
- c. Demonstrate how to adjust straps under ears, have class do and check each other.
- d. Demonstrate how to adjust chin strap for snugness and comfort, have class do and check each other.
- e. Have a class show-off and check for everyone's properly fit helmet.
- f. If helmets staying at school, have masking tape and marker and print student's name on tape and place on front to helmet when checked by instructor.

### Evaluation Suggestions

Criteria	Yes	No
Did students understand and demonstrate how to properly choose and adjust helmet?		
Did students understand the importance of wearing a helmet?		



## Does your helmet fit properly?

Take the Helmet Fit Test

1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

**Now you're ready to roll!**