

Activity Guide

Helmet Fitting



Module

Protect Your Head

Materials required

- One or more bicycle helmets
- Optional: Parachute Brain Waves Student Activity Booklet

Preparation instructions

Remind participants to bring a bicycle helmet on the day of the presentation, if they have one.

Activity instructions

1. Ask for a volunteer to help you demonstrate a properly fitted helmet.
2. Have the volunteer put their helmet on.
3. Explain the “2V1” approach and have participants follow along in their Activity Booklet, if they have one:
4. A properly fitted helmet touches the front, back, top, and all sides of your head.
 - **2** - Ensure the front visor sits about two finger widths above your eyebrows, or just above the frame of your glasses.
 - **V** - Buckle the helmet up. The side straps should form a “V” underneath your earlobes and sit behind your jaw line.
 - **1** - The buckle should be tight enough that only one finger fits between the strap and the underside of your chin. Opening your mouth wide should cause your jaw to pull on the chinstrap.
5. Have all participants try out the 2V1 steps.



Reinforce these learnings

- Follow the 2V1 rule to make sure your helmet fits right.
- A properly fitted helmet is snug, level, and stable, so it resists violent shakes and hard hits.

Reinforce these injury prevention messages

- Wearing your helmet properly helps protect your head, including your brain.
- Incorrect helmet fitting reduces the helmet’s ability to protect your head in a crash.
- Throw away your helmet if you experience a violent impact, even if the damage is not obvious. There may be damage to the helmet that you can’t see.
- Helmets expire! Remember to replace your helmet after 3 to 5 years.