

Five Step Helmet Fit & Video Instructions



Photo credit: Specialized

1. Place the helmet on your head so it's level front-to-back—when you look up, the front should barely be visible—and not listing to one side.
2. Tighten the strap just enough against your chin so that it pulls your helmet down a bit when you open your mouth.
3. The straps should join right under your ear to form a “V”. Adjust the straps around both ears until you have a comfortable fit. There should be just enough room to fit your finger between the strap and your chin.
4. Almost all helmets have a sizing dial on the back of the helmets. Turn the dial for a snug but not tight fit.
5. Adjust so that the helmet is snug but not too tight. The helmet should not move when you shake your head, or leave a mark on your forehead.

Final Test

Gently push the front of your helmet up and back. If it moves more than an inch, readjust.

Make sure you like your helmet!

Find one that matches your style, favorite color or design. Even if a helmet feels comfortable it has to be a helmet you like.

Always wear a helmet that is properly fitted

- The [Campus Bike Shop](#) offers quality [bike helmets for \\$25](#) -- a discount of up to 50% off retail prices.
- [How to Fit a Helmet & Video Instructions](#), video credit: League of American Bicyclists