

Helmet Check



- Your helmet must be the correct size
- The helmet should fit snugly and be comfortable
- If you shake your head with the straps undone then the helmet shouldn't move
- The helmet should cover your forehead and sit just above your eyebrows
- The helmet should NOT tilt backwards or forwards
- The sliders must form a 'V' under your ears
- The straps should not be twisted or loose under your chin
- The helmet should comply with safety standard EN1078 (look inside for label)

