

# A Guide to Helmet Safety and Fitting

Ride safer.  
Arrive confident.



# Why wear a helmet?

Did you know that children and youth under 18 are ***required by law*** to wear a helmet when cycling in Ontario.

Research shows that bicycle helmet use reduces:

- Head injuries by more than **40%**
- Serious head injuries by **60%**
- Traumatic brain injury by **53%**

More importantly, head injuries can have life-long impacts, affecting how a child walks, talks, plays, and thinks. Wearing a helmet significantly reduces the risk of serious injury and helps keep riders safe.

(Parachute, 2026)

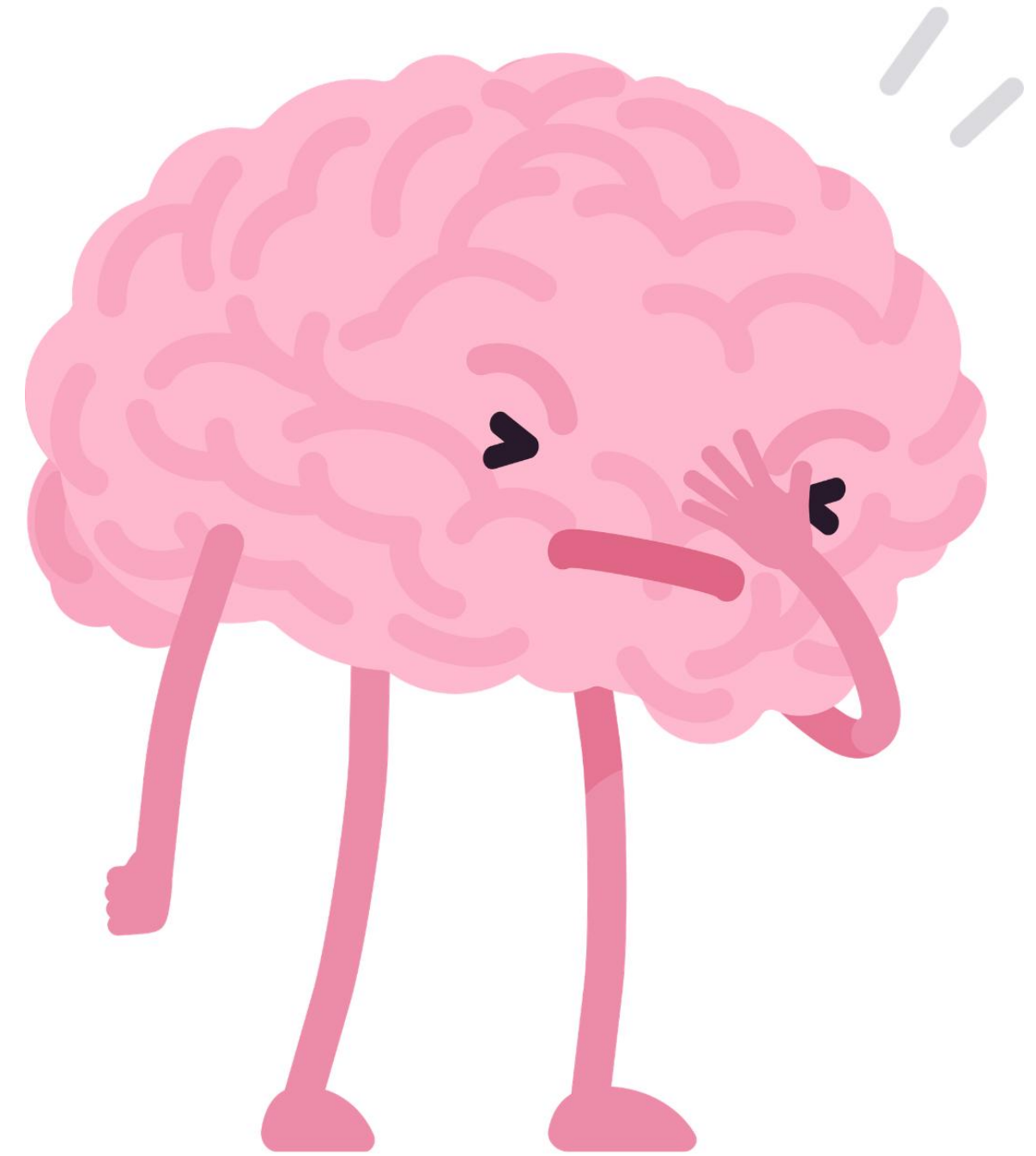


(ASRTS, 2025)

# Concussions

- A **concussion** is a type of brain injury caused by a bump, hit, or fall
  - You don't have to hit your head hard
  - You don't have to lose consciousness
- Your brain controls everything you do
- Head injuries can change how you think, move, and learn

**Wearing a helmet reduces the risk of serious injury!**



(Canva, 2026)

# Signs & Symptoms

- Seek **medical attention** if experiencing any of the following symptoms:
  - Headache
  - Dizziness
  - Nausea
  - Trouble concentrating
  - Sensitivity to light or noise



# 2 V 1 Helmet Fitting Rule

**A helmet helps, but only if it fits properly.**

The 2v1 helmet fitting rule ensures that every helmet is fitted safely, correctly, and with the rider's comfort in mind.



# 2 V 1 Helmet Fitting

**"2"**: Put the helmet level on the head, not tilting backward or forward. The helmet should cover the top of the head and sit 2 finger-widths above your eyebrows. Adjust the fit of the helmet by adding or repositioning the foam pads. Move the dial or other fitting devices so it fits snug.

**"V"**: The side straps should meet to form a V below each ear. If your helmet tilts back, tighten the front straps. If your helmet tilts forward, tighten the back straps.

**"1"**: Fit no more than one 1 finger between chin and fastened strap. All helmets should fit close to your head. Shake your head up and down and side to side - the helmet should not move.

(Parachute, 2025)

# CAN-BIKE - Bike Helmets 101

Watch this video for a demonstration on the **2-V-1 helmet check**, then try it with a partner!



# Safety Check

**If your helmet was made in April 2024, according to the video, when should you replace it?**

- A) April 2028
- B) April 2025
- C) April 2029
- D) April 2030



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**Why:** It is recommended to replace your bike helmet every five years.



# Helmet Replacement

**When should you replace your helmet?**

- A) You are in a crash
- B) You drop it hard on the ground
- C) It has a crack in it
- D) The foam inside is falling apart



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Any of the above!



# Helmet Safety Recap



Make sure your helmet fits by using the 2-V-1 rule.



Wear a helmet for every single ride, no matter how short or long.



Replace it after a crash, if it's cracked or damaged, or no longer fits properly.

**Wearing a helmet helps you ride smart and stay safe!**

# Thank You!

Have any Questions?

Email: [info@activesaferoutes.ca](mailto:info@activesaferoutes.ca).

Visit: <http://activesaferoutes.ca/>



# References

- London Cycle Link. (n.d.). *Welcome to Ride to Thrive* [Presentation slides]. Google Slides. <https://docs.google.com/presentation/d/1fB3Si1n7GCMmAeYQ7Wrqkm7yRwpqF7K/edit?slide=id.p1#slide=id.p1>
- Parachute. (2025). *Brain Waves*. <https://parachute.ca/en/program/brain-waves/>
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