



Helmets: The Right Fit

Everyone hits the dirt at some point and the purchase of a correctly fitted riding helmet that carries a safety rating is a wise investment.

When looking for a helmet, purchase a new helmet and don't trust a used one. You cannot tell if a used helmet has been damaged just by looking at it. If you have long hair, wear it in a low ponytail. Trying to shove all your locks up into the helmet will not give you a secure fit.

To get a secure fit:

- Measure the circumference of your head to find your helmet size
- Holding the straps out of the way, put the helmet on from front-to-back
- Push down all the way on the rear of the helmet, forcing out all the air until the helmet is touching the top and back of your head
- If the helmet feels right, bend forward and shake your head from side to side; if the helmet stays in place then it fits properly
- Adjust and buckle the straps to fit snugly for a finished product.

Make sure the visor is parallel to the ground when trying on your helmet and pick one that is right for your head shape. Shapes vary between styles and brands. They are also customized for different disciplines giving the rider many options for comfort and style.

Important: The materials inside helmets degrade and replacement is recommended every four to five years, or after an impact. This includes dropping it from a shelf, so be sure to store and handle helmets carefully.

Information referenced from www.thehorse.com article "Going to the Barn? Don't Forget Your Helmet".