

BICYCLE HELMET SAFETY

Helmets are the most important piece of safety equipment for cyclists. Kids starting out should be fitted with a high quality helmet that meets the Australian standard. Parents and other support people need to set the example by always wearing a helmet themselves.

The helmet's role is to absorb impact. To do this, it needs to be a perfect fit for the child and properly adjusted every time.

Helmet Safety

Here are some tips on buying and the correct fitting of the all-important helmets.

Helmet – buying

It's critical that a child's first helmet fits perfectly, not only for safety, but also for enjoyment when riding.

Poorly fitted helmets can flop in front of your eyes, tilt sideways and require constant propping up. Some purchasing tips:

- The helmet must meet the Australian Standard AS/NZS 2063:2020 – look for the sticker on the inner lining
- Your child needs to be present when buying the helmet – so that the correct size, shape, helmet features and suitable type are purchased – and the fit tried out on the spot.

A basic helmet for general use has good ventilation, soft pads inside attached by Velcro for adjustment, is lightweight and has suitable strapping (chin) with a buckle – usually a plastic two part snap-lock buckle.

- A slightly more advanced helmet has an additional adjustment feature at the back of your head – known as an Occipital Cradle. They have a rotating dial or ratchet system to enable adjustment of the

helmet by tightening the cradle against your head.



Once adjusted, the helmet will not move – making the straps a secondary adjusting mechanism.

- An additional advantage is the ability to adjust the fit easily - even during the ride, with a couple of clicks of the dial.
- Second-hand helmets are a bit of an unknown – you can't tell if they've had a knock, and if the structural integrity is OK. So, buyer beware.

Helmet – fitting to kids

To start with, kids this age are particular with what they will wear – check with them about style, colour, Frozen or Spiderman etc.

Once the style is agreed then start trying on the helmets available.

Fitting the helmet:

- Move the straps aside, checking that they're not twisted.
- Check the padding is in place.
- Place the helmet on their head. Adjust the strap.



- The helmet should feel comfortable and have good airflow.
- There should be no sideways movement (tilting).
- A rule of thumb for the final position on their head – a finger width from your eyebrow to the lower edge of the helmet brow (tilted not too far forward or backward).
- A 2 fingers gap between the buckle and chin is ideal. Any tighter will feel too tight when riding.
- As mentioned above, the dial or ratchet behind your head (when present on the helmet) is a great way to achieve correct adjustment.
- After age 5 or 6, children's heads are close to adult size – they should be able to wear adult helmets.



child safety is no accident

