

HELMET FIT AND ADJUSTMENT

FITTING YOUR HELMET

- Put helmet on your head without fastening the straps.
- Make sure that the helmet fits snugly on top of head and sits level to the ground..
- Shake your head from side to side. There should be little movement of the helmet.

ADJUSTING YOUR HELMET

- The side straps should come to a point just below your ears.
- Adjust side straps by moving the small tabs on the side straps up or down until they are ½ inch or less under your ear lobe.
- Adjust chin strap so that it is about ½" inch below your chin when your mouth is closed.