



Thunder Bay District
Health Unit
www.tbdhu.com



THE FACTS:

Proper fitting of your winter sports helmet

Ski and snowboard helmets are not something you grow into. The helmet must fit well to function properly. Most often, a helmet that is uncomfortable will end up not being worn.

Helmet size is determined by the circumference of your head. Find your size by measuring in centimeters, the distance around your head when a fabric tape measure is placed just above the eye brows. This number is your helmet size.

Keep in mind that not all helmets fit the same. You may have to try on a few before finding a brand and model that fits your individual head shape.

Your helmet fits well if:

- The front of it rests just above your eyebrows
- The helmet pads lie against your cheeks and forehead
- The back of it does not touch the nape of your neck
- It feels snug and comfortable with the chin strap fastened
- It does not pinch, create hot spots or pressure points on your head

Your goggles and eyewear should fit comfortably inside the face opening, and the ear wells should align with your ears for best hearing.

For more information contact Marita at 625-5962 or marita.campbell@tbdhu.com