**Helmet fit**

Helmet should be level. **2 fingers** touching the helmet and the eyebrow at the same time.

The **2 plastic pieces** on the sides should be just below the ears.

**Straps:**
- Front = up & down
- Back = front & back

**2 fingers** should fit under the chin strap.
- Flat, not up and down.

Helmet should not be tipped back, or it will not protect your head and face properly. It will also be very uncomfortable.

The **2 plastic pieces** on the sides should not be below the chin.
- This does not hold the helmet in place.

If the **2 fingers** can be turned up and down, the chin strap is too loose.
ABC Quick Check
—Check each time before you ride.

A is for Air
B is for Brakes
C is for Cranks and Chains
Quick is for Quick Releases
Check is for Check it Over