

Helmet fit

2

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



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

It will also be very uncomfortable.



2

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

Straps:

Front = up & down

Back = front & back



The **2 plastic pieces** on the sides should not be below the chin.

This does not hold the helmet in place.

2

2 fingers should fit under the chin strap.

Flat, not up and down.



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**