



# Pony Club

## Helmet Fitting Guide



Visually check that the helmet is about a finger width above the eyebrows, sitting balanced on the head, and the harness is secure under the chin. Any dials, strings, or adjustable straps should be secure and checked for snugness.

Hair should always be secured with an elastic or hair net. When viewing from the side, the helmet should be balanced - not tilting forward, angled back, or sitting too high on the head. The shell should not block the wearer's vision or sit below the eyebrows.

Using the pads of your thumbs, feel around the edge of the helmet shell to make sure there is full contact to the head around the circumference of the helmet. Small gaps at the temples are not a concern. Gaps where the shell touches the head that are large enough to fit fingers or a hand means that the helmet is too big.



Holding the helmet in both hands, try to lift the helmet off the rider's head. If the helmet slips off or is easily moved, the helmet does not fit properly.



When moving the helmet to check for fit, you should see the forehead skin and eyebrows move with the helmet. There should be some 'grab' that can be felt when moving the helmet up and down, and side to side. A proper fit will see hair and skin moving while checking fit.

Check the harness to make sure that it is adjusted snugly. A quick check is to ask the rider to fully open their jaw. The harness should not be so snug that they cannot fully open their mouth, but snug enough to keep the helmet from coming off with a hard impact. The harness should not be able to be pulled in front of the chin.



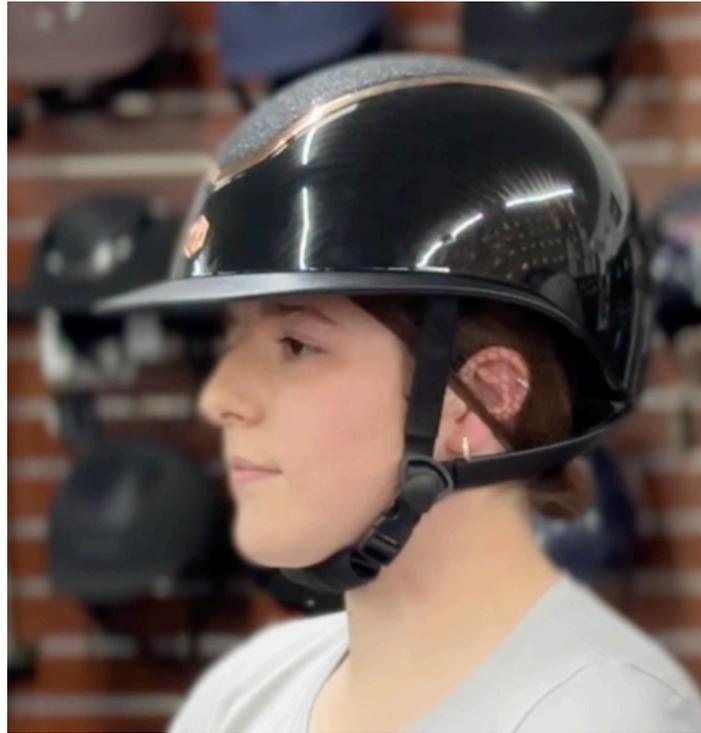
**YOUTUBE:  
HELMET FIT CHECK**





# VISUAL CHECKS

- Finger width above eyebrows
- Balanced on the head
- Well fitting and secure harness
- Dials, Strings, Straps snug and secure
- Helmet frames face without
  - impeding vision
  - perching
  - tipping



This helmet is not balanced. It is too shallow and the harness is not properly adjusted.



This helmet is missing the brim. The attachment point is here.



This helmet is too large. It would fail any fit test.



## HOW TO GUIDE:

# Helmet Liners & Shells

Most helmets produced in the last 5 years have removable and replaceable liners. This allows for the wearer to find a more precise fit and has made production easier on manufacturers. They are able to build 3-5 helmet shells that can be precisely fit with a liner as opposed to a shell per size. It is important that the correct brand liner and correctly sized liner is installed into the helmet shell. During safety checks, while the manufacturer dates are being checked, quickly look for the size labels on the shell and the liner. They should clearly match. Here is an example:



The liner should visibly fit the shell. All velcro and snaps on the liner should match to a corresponding part on the helmet shell. The liner will sit smoothly in the shell.

Some brands have a liner system that uses multiple, interchangeable pieces to customize fit. Here are the most important parts of checking that the helmet and liner are safe:

- Check that all velcro and snaps are attached to a corresponding part
- Make sure the main liner is correctly sized to the shell

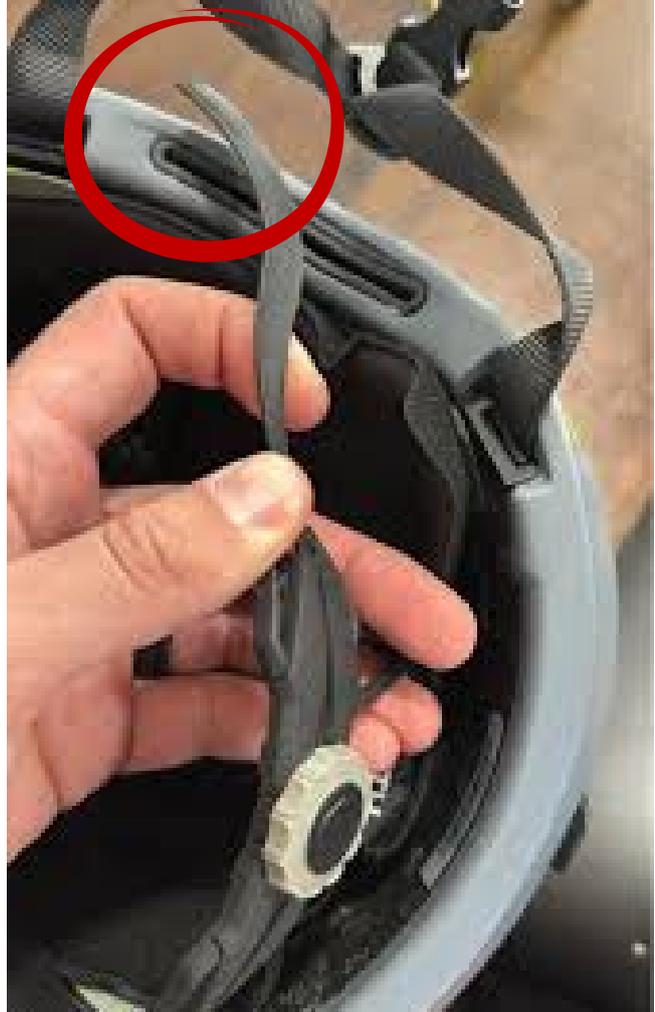


There should not be any paper towels, liners, or other stuffing materials used to adjust the fit. The only approved fitting parts are brand-specific shims and fitting tape.





# INS & OUTS OF DIAL FIT HELMETS





# INS & OUTS OF DIAL FIT HELMETS

## ALL ABOUT DIAL FIT

- The dial's purpose is to finalize fit, not create fit.
- The dial should be easy to turn and set at the preferred tightness. A sticky dial, or one that spins without stopping, may be compromised. Some dial components can be replaced and should be if the dial no longer works correctly.
- Users should loosen the dial to remove the helmet and tighten the dial each ride. The repeated strain on the internal components will strip the teeth that hold the dial in place.
- Hair can go under or through the space above the dial - depending on the available space.

## DAMAGED DIALS AND POOR FIT

- When doing safety checks always check all parts of the dial mechanism. The arms that attach to the polystyrene can break and be hidden by the helmet's liner.
- If parts are missing from the dial, the helmet should be considered compromised. The rider (or parents) should contact the retailer or manufacturer to determine if the part can be replaced.
- If excess space can be felt or seen at the back of the helmet, the helmet doesn't fit even if the dial can become tight enough to hold the helmet on the rider's head.
  - If the rider has an impact with a too-large helmet, they risk having multiple impacts inside the helmet as their head will bounce inside the shell.

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# TIPS & TRICKS

- Black electrical tape can be used to secure loose harness straps.
- After properly adjusting the sliding pieces on the harness, black electrical tape can be wrapped just under the pieces to hold them in place.
- ½ in wide x ¼ in thick foam tape can be used to fill small spaces to perfect fit.
  - Only use 1- to 1.5-inch sections to snug the fit.
  - The most common places for tape is at the base of the skull and over or just behind the ears.
  - Tape can be placed directly on the polystyrene or on the MIPS liner. Never place it between the MIPS liner and polystyrene.