

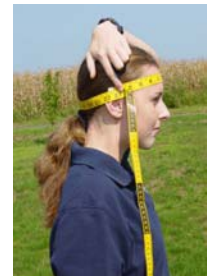
## Helmet Requirements & Fitting

### H Helmet Requirements

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| 1a. <b>Need for Protection</b>           | <p>The activities with highest risk of head injury are: motorcycle racing, car racing and horseback riding. It has been proven that riding helmets save lives and prevent serious brain injury! That is why they are required.</p> <ul style="list-style-type: none"> <li>▪ A fall from two feet can cause permanent brain damage.</li> <li>▪ A mounted rider is elevated eight feet or more above the ground.</li> <li>▪ When a rider falls, the most impact occurs at the back of the head. Riding helmets are designed to protect that area, whereas bike helmets are not designed for this type of impact.</li> </ul> |
| 1b. <b>USPC Requires Helmets</b>         | <p>Every Pony Club member (even members over the age of 18) must wear an properly fitted, approved helmet with the chin harness secured at all times when:</p> <ul style="list-style-type: none"> <li>▪ Mounted</li> <li>▪ Longeing</li> <li>▪ At Jog Out, and</li> <li>▪ At pre-riding inspections (Turnout Inspection and Safety Checks).</li> </ul>  |
| 1c. <b>Helmets Must Be Approved</b>      | <p>The helmet must be</p> <ul style="list-style-type: none"> <li>▪ Appropriately labeled indicating the manufacturer</li> <li>▪ Meet current ASTM standards (American Society for Testing &amp; Materials), and</li> <li>▪ Have an SEI seal certifying those standards (Safety Equipment Institute).</li> </ul>   |
| 1d. <b>What If Your Helmet Comes Off</b> | <p>If a helmet comes off, or the harness becomes undone while riding or longeing, the helmet must be replaced and/or re-secured before you continue. Failure to comply is cause for elimination.</p> <ul style="list-style-type: none"> <li>▪ Riders must dismount to replace and/or re-secure helmets.</li> <li>▪ Someone may hand your helmet to you - it is not unauthorized assistance.</li> </ul>  |

### I2 Helmet Fit

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| 2a. <b>Measure for Approximate Size</b> | <p>U.S. and some foreign helmet manufacturers size helmets numerically, usually from 6 ½ to 8. To find your approximate helmet size, use a tailor's tape measure.</p> <ul style="list-style-type: none"> <li>▪ Measure the circumference of your head just above your eyebrows.</li> <li>▪ Divide the measurement by 3.14 (pi)</li> <li>▪ Round that number to the nearest eighth (1/8) inch.</li> <li>▪ (For example, a head circumference of 22" divided by 3.14 = 7.006", which rounds to a size 7.)</li> </ul> |
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Measure For Size

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| 2b. <b>Put the Helmet on Correctly</b> | <p>Even the best safety helmet will not provide adequate protection if it does not fit properly or worn correctly. Follow the manufacturer's recommendation for fitting the helmet.</p> <ul style="list-style-type: none"> <li>▪ If you have long hair, tie it back at the nape of your neck. If you shove it under the helmet, you will get a poor fit.             <ul style="list-style-type: none"> <li>- When trying on a new helmet, wear your hair in the same style you will wear it for riding (such as a braid or plait doubled up and tucked under in a hair net).</li> </ul> </li> <li>▪ Make sure the helmet is level - the visor should not tip up or down.</li> <li>▪ Fasten the harness, making sure it's comfortably snug.</li> </ul> |
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Incorrect Fit

Correct Fit

## Helmet Requirements & Fitting

### 12 Helmet Fit, continued

- 2c. **Check the Fit** Make sure the helmet fits snugly all the way around.
- Wiggle it back and forth and side to side; when the helmet moves, your scalp and your eyebrows should move with it.
  - If it slides freely, you need a smaller size.
  - If it squeezes uncomfortably, you need a larger size.
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- 2d. **Check the Shape** The helmet may not be the right shape for your head. A different style with a more or less oval shape may be needed. The helmet is
- too round if it squeezes the brow, but still rocks freely side to side.
  - too oval if it fits at the sides, but rocks back and forth.
- Small fitting problems can be solved by following the manufacturer's instructions, usually by adding the foam padding provided with the helmet or by adjusting the internal harness if it has one. \* If the helmet needs more padding than is provided, a smaller size or a different model is needed.
- For example, if the helmet is too round, put a pad on each side or try a different style with a more oval shape.
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- 2e. **Check the Brim** The brim should rest 1/2" to 1" inch above your eyebrows. Some helmets can be adjusted (with lacings or foam pads) to rest lower or higher or try a style with a deeper or more shallow crown.
- If it sits higher, you're not getting full protection;
  - any lower, and it could obscure your vision.
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- 2f. **Check the Fit of the Retention Harness & Chin Strap** Helmets are made to work with a snug harness. You should be able to fit one finger between your chin and the strap.
- Adjust the harness so the chin strap fits snugly under the chin.
  - If there is a 'V' harness, the tip of the V should fit under ear.
- The helmet should stay on when harnessed, without rocking or moving around, regardless of activity. It should be comfortably snug and adjusted for firm contact with the jaw/chin.
- Bend over at the waist and shake your head. With the harness secured, the helmet should move very little.
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- Correct Harness Fit
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- 2g. **Check It Before you Ride** All adjustments should be checked each time the helmet is worn, making sure it fits snugly and correctly at all times. A properly fitted, well adjusted, and correctly positioned helmet is
- more likely to remain in place during an accident
  - will give the most protection available for the design, and
  - will be the most comfortable to wear.
- With the helmet on and tightly fastened, try to remove it by roiling it backwards and forwards as far as possible.
- The helmet should not be able to be removed or roll backwards or forwards to expose the forehead or obscure vision.
  - Repeat fitting steps as necessary until you have the correct fit.
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- 2h. **Improperly Fitting Helmet** USPC Chief HM Judges, Examiners and Instructors may make a judgment on the fit of the helmet. They may NOT take a helmet that does not fit and make it do so by adding padding, etc.