

Determine Proper Helmet Size

To determine **helmet** size, carefully measure your head with a cloth tape measure. For greatest accuracy, measurement should be taken by someone other than yourself and the tape measure should be held **snugly** around the head.



Place the measuring tape **completely** around the **widest** portion of your head approximately **1" above the eyebrows and just above the ears** and at the point on the back of your head that will give you the **largest** measurement. (See illustration) It is best to take several measurements and to use the largest measurement to determine head size. Then find your head size in the chart below.

Important: If your head size falls in between two of the head size ranges listed, use the smaller helmet size as the helmet **must** fit snugly.

Head Size Range	Helmet Size
21-1/4" to 21-7/8"	1
22" to 22-1/2"	2
22-3/4" to 23-1/8"	3
23-1/4" to 23-3/4"	4
24" to 24-3/4"	5