



Why wear a helmet?

- Helmets for snow-sports can help reduce or prevent head injuries by absorbing the impact of the collision.
- Helmets for snow-sports are designed to be lightweight, comfortable and warm.
- Helmets vary in size, shape and style so one manufacturer's helmet may fit differently from another.
- When wearing a helmet, a liner or thin shell can be worn underneath to help prevent heat loss. A toque or high pony tail will compromise the fit of a helmet and should never be worn.
- A helmet that is properly fit should be snug and not interfere with vision of hearing.
- A ski or snowboarding helmet should have side vents that allow the skier/boarder to hear.
- No stickers on helmets unless the sticker is specifically approved by the helmet maker because the glue may damage the helmet and can hide damage such as cracks or dents. Stickers may also prevent the helmet from sliding.
- Old helmets (3-5 years) or helmets which do not meet current safety standards should be destroyed.



Information Sources

- Capital Health
- Kidsafe
- Plan-It Safe
- SkiHelmets.com
- SMARTRISK
- Think First



Contact Us



SAFE COMMUNITY WOOD BUFFALO

#206, 10010 Franklin Avenue
Fort McMurray, Alberta T9H 2K6

PHONE: 780-743-0006

E-MAIL: wbsafecommunity@shaw.ca

WEB: www.safecommunitywb.ca



Snow Sport Helmet Fitting





How to Properly Choose & Fit a Helmet for Snow Sports

Helmet Components

- **FOAM CORE:** absorbs the force of the blow and slows the force of the impact to stop the brain from crushing into the skull from the inside. The foam can dry out over time so the helmet must be replaced every 3-5 years.
- **SHELL:** plastic coating on top of the foam core that deflects the blow of an impact by helping the rider slide rather than coming to an abrupt stop during a fall, thus protecting the neck. The shell also keeps the foam core from breaking into pieces during a crash, protects it from sun damage and premature drying.
- **CHIN STRAP:** all helmets must have a chin strap that holds the helmet in place during a fall.
- **HEAD RETENTION UNIT:** a device on the back of the helmet that helps to keep the helmet in the proper position on the head. Most helmets have a full or half retention system or band inside that can be adjusted.

Types of Helmets

All helmets are not the same. There are different helmets for different activities and each type is made to protect the head from the impacts common to that particular activity or sport.

Always ensure that the helmet chosen has been certified. Look for the certifying sticker inside the helmet or on the box.

- **SINGLE IMPACT:** Some ski helmets are designed to protect against a single severe impact. The foam material in the helmet will crush to absorb the impact energy during a fall or collision and can't protect an additional impact. Even if there are no visible signs of damage, the helmet must be replaced.
- **MULTI-IMPACT:** Snowboard helmets and some ski helmets. Has a completely different type of protective foam than other helmets to allow it to return to its original shape after an impact (good for more than one heavy crash or fall). Check the outer shell regularly for scratches, chips or cracks and replace if needed.
- **MULTI-SPORT:** Some helmets are marketed as multi-sport which means it meets safety standards for more than one activity. Be sure the helmet you buy shows clearly what activity it has been tested for.

Proper Fit

- Check for safety stickers and cracks, dents or damage.
- The first priority is fit. A properly fitted helmet will be comfortable and offer the maximum amount of protection and performance.
- To determine correct size: wrap a measuring tape around the head, just above the eyebrows. Note the size at the point of overlap. This is the correct helmet size.
- Check for any gaps. The pads should be flush against the cheeks and forehead. The back of the helmet should not touch the nape of the neck.
- Chinstrap fastened with only 1 finger width of space.
- Perform the "Roll Test". With the chin strap fastened, the helmet should be snug and comfortable. Try to roll the helmet off the head. If the skin on the forehead moves, it is a good fit.
- Make sure the helmet is fitting no more than 2 finger widths above the eyebrows and that there is little or no gap between the top of the goggles and helmet.