

Bicycle helmets are mandatory for all cyclists in the province.

(Children, youth and adults)



To ensure a proper fit remember 2-V-1

2



Helmet should cover the top of the forehead and should rest about two fingers width above the eyebrows.

V



Adjust the side straps so they fit snugly around your ears in a "V" shape.

1



Buckle the chin strap and tighten until you can fit one finger between the strap and the chin.

A properly fitted helmet decreases the risk of serious head or brain injury by up to **80%**

*Parachute Canada

Your helmet must be approved by one of the following:

- Canadian Standards Association (CSA)
- Snell Memorial Foundation
- American Society for Testing and Materials
- U.S. Consumer Product Safety Commission
- American National Standards Institute
- British Standards Institute
- European Committee for Standardization



For more information visit gov.nl.ca/bikehelmet