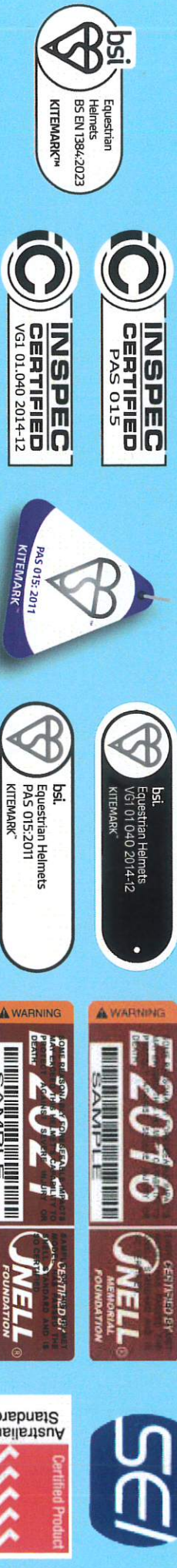


Guide to Riding Helmets

Current Standards – Riding helmet standards you **SHOULD** be wearing

- PAS 015: 2011
(with or without a Kitemark or IC mark)
- Snell E2016 & E2021
- EN1384:2023 (with or without Kitemark or IC mark)
- ASTM F1163: 2015 & 2023 with SEI mark (American standard)
- VG1 (with or without a Kitemark or IC mark)
- AS/NZS 3838: 2006 (with SAI Global mark)

Quality Marks – Some riding helmets are quality tested in addition to passing the relevant standard above



What to look for in a correctly fitting riding helmet

A well-fitting hat sits firmly on the head – just above your eyebrows and ears – and should fit snugly all the way around the head with no pressure points at the temples.

You can check the pressure points by flexing your jaw, which in turn, expands your temples. Pressure experienced when doing this indicates that a helmet is too tight and may cause discomfort after continued wear.

The jaw strap should be tight enough to allow room to fit one finger between your face and the strap.



The back straps/laces should be done as tight as possible, but not so tight that it pulls the jaw strap back so that it is not in a straight line round your face and under your chin.

** Useful tip – the running loop on the jaw strap should be pushed up against the clip to prevent the strap from loosening. An additional running loop should be used to stop the excess strap material from flapping down.*

Examples of badly fitting riding helmets



Remember -
You do not need to fall off to hit your head. It is possible to impact your helmet in many different ways



Helmet is positioned too far back on rider's head.
This could be because it is too big, jaw strap too loose
OR it has been put on incorrectly
** Useful tip – always place/roll the hat on from front to back*

How to care for your riding helmet

1. Clean inside with a damp sponge and warm water or manufacturers' hat cleaner foam
2. Do not leave in direct sunlight e.g. on the parcel shelf of a car
3. Do not dry by direct heat e.g. on a radiator
4. Keep off the ground in a hat bag for storage and when carrying

When to replace your riding helmet

1. If it is more than 5 years old.
2. If you have hit your head. The outer shell can look fine but you don't know what damage has been done to the impact protecting foam inside