



# CHECKING HELMET SAFETY AND FIT

AND IS TO BE COMPLETED BY PARTICIPANTS IN PAIRS

## Resources required:

- Pen and score cards for coach
- Helmet for each participant
- Stopwatch

## Instructions for coach:

- Bring the participants together. Deliver the instructions and objectives for this activity and advise scoring criteria. Ensure participants have any questions answered before commencing.
- Inform the participants:
  - they are to work in pairs
  - they will have five minutes per person in which to complete the exercise
  - they must take turns in inspecting the helmet for safety and fitting the helmet to the other participant correctly. Advise if they are unsure to put their hand up and a coach will come and assist them
- Once the participants are settled, start the five minutes exercise completion time.
- When the time is up the coach will judge out of eight points how well the exercise was completed. Two points given for each correct element as per points criteria.

## Points:

1. Check condition of helmet, looking for cracks/safety standard sticker. (2pts)
2. Check for correct positioning on head – (level with 2x fingers between brow and helmet). (2pts)
3. Ensure side straps form a 'V' shape, with side buckles positioned at bottom of the ears. (2pts)
4. Chin strap is fastened and one finger only fits in gap between strap and chin. (2pts)



# HELMET CHECK AND FITTING



2 fingers above  
your eyebrows to  
the bottom of your  
helmet



Make a "V" shape  
around the bottom  
of your ears



1 finger under  
the strap beneath  
your chin