

CORRECTLY FIT YOUR HELMET

2-V-2 RULE



2 FINGERS ABOVE THE EYEBROWS

The helmet should sit level on the head. The front of the helmet should sit no more than 2 finger widths above the eyebrows.



SIDE STRAPS MAKE A V

The side straps make a V on each side of the ear, with the adjustable clip forming the bottom of the V just below the earlobe.



2 FINGERS UNDER THE CHIN STRAP

You should be able to fit 2 fingers between your chin and the strap when fastened, so it's tight, but not too tight! The straps should not be twisted.

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