



THE HELMET FIT TEST CHECKLIST

EYES

You should see the bottom rim of the helmet when you look up. **Put the helmet level on your head and adjust the sizing pads and fit ring, if it has one, until the helmet is snug.**



EARS

Straps should form a “V” under your ears when buckled. **Adjust the slider on both straps so the slider is under, and slightly in front of, the ears.**



MOUTH

Helmet should hug your head when you open your mouth wide. **Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. Buckle your chin strap and tighten the strap until it is snug.**



See the other side of this handout for the **Safe Riding Rules of the Road Checklist!**





SAFE RIDING RULES OF THE ROAD CHECKLIST

- ✓ Ride in a straight line, single file.
- ✓ Go with the traffic flow. Ride on the right in the same direction as cars.
- ✓ Obey all traffic signs and signals.
- ✓ Ride with both hands on the handlebars except when signaling a turn or stop.
- ✓ Stop and look left-right-left for traffic before entering a street.
- ✓ Walk your bike across an intersection.
- ✓ Stay alert – use your eyes to look for things that could make you fall, like potholes, cracks, pebbles, or wet leaves.
- ✓ Stay alert – use your ears to listen for traffic. Don't wear earphones while riding.
- ✓ Watch for parked cars and cars pulling out or into parking spaces or driveways.
- ✓ Check your equipment. Make sure your bike tires are properly inflated and that the brakes work. Don't forget your bicycle helmet. Wear it flat on your head and buckled! See the other side of this handout for ***The Helmet Fit Test Checklist***.

