

# HELMET SAFETY

The leading cause of head injuries stems from not wearing an appropriate, properly fitted helmet. As such, Scouters and participants are expected to wear helmets at all times when participating in the following activities.

- **Cycling**
- **Tobogganing**
- **Skating**
- **Skateboarding**
- **Skiing and Snowboarding**
- **Rock Climbing**

## Helmet Dos and Don'ts

### Dos

Make sure your helmet **is**:

- Meeting the standards set by the Canadian Standards Association (CSA).
- Activity Appropriate (See: [Which Helmet for Which Activity?](#)).
- Free from stickers (as solvents can compromise the integrity of the helmet).
- In serviceable condition.
- Inspected after the activity.

### Don'ts

Make sure your helmet **is not**:

- Altered or used in a manner for which they are not intended.
- Worn over a hat. Wearing a hat makes it difficult for the helmet to fit properly, so the helmet won't protect the head as well as it should.
- Thrown or dropped.

## Wear your helmet right: Use the 2V1 Rule



**2** fingers above eyebrows



Straps form

**"V"**



**1** finger between strap and chin



**NOTE:** Helmets should be replaced after **5 years** or after a crash/impact.

## Ongoing Education:

Scouters can play a big role in educating youth members and their parents on best safety practices and helmets. While the above information indicates that the helmet should be appropriate for the activity being conducted, any helmet is better than no helmet.

For more information please refer to

[www.parachutecanada.org/injury-topics/topic/C8#sthash.JiQiENfa.dpuf](http://www.parachutecanada.org/injury-topics/topic/C8#sthash.JiQiENfa.dpuf)

