

Ski & Snowboard Helmet Fitting Guide

When looking for a helmet, your first priority is fit. A properly fit helmet will be comfortable, and offer the maximum amount of protection and performance.

Proper fit is a must.

- Choose a certified helmet made just for snow sports.
- Look for ASTM F2040, Snell RS-98 or CEN 1077 standards.
- The pads should be flush against your cheeks and forehead.
- The back of the helmet should not touch the nape of the neck.
- The helmet should be snug with the chinstrap fastened, fit (1-2 fingers) above the eyebrows and not roll forwards or backwards.
- If a hat must be worn, it should be very thin so it does not interfere with the fit – such as a Balaclava (no more than 100 weight fleece)
- A light weight neoprene face mask or neck gator are appropriate for very cold weather. A small hole in the neck gator will reduce fogging of the goggles.
- Lastly, ensure that ski goggles fit well on your face while wearing the helmet.

Measuring Tape - To determine the correct size, wrap tape around head, just above eyebrows. Note your size at point of overlap. This is your helmet size.



Putting On Helmet - Align the front rim of the helmet above your eyebrows. Hold the straps on both sides and roll the helmet over the back of your head.



Check For Gaps - Pads should be flush against your cheeks and forehead. The back of your helmet should not touch the nape of your neck.



Roll Test - With the chin strap fastened your helmet should be snug and comfortable. Try to roll your helmet off your head. If the skin on your forehead moves, you have a good fit.



Proper Use - Be sure your helmet is fitting above your eyebrows and that your goggles fit your face while wearing the helmet as shown.



It is VERY important to keep in mind that not all helmets fit the same. Head shape is a factor in your helmet selection as well. In most cases, your helmet will fit if you get the right size, but there are circumstances where the helmet will not fit due to the shape of the helmet and the shape of your head. In cases like this, you may have to try on a few different models to find the right one.