

# HELMET GUIDE

## ROAD

most aerodynamic and lightweight, generous ventilation



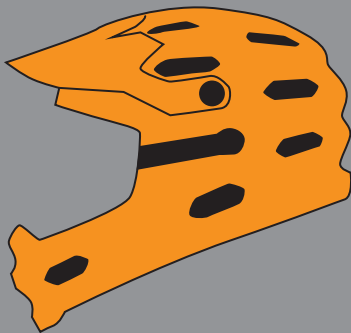
## MOUNTAIN

more side & rear protection plus visor for improved sight around quick corners



## DOWNHILL

added frontal facial protection for rough terrain



## FIT & POSITIONING

### RIGHT

1. helmet is level



2. strap forms a V under the ear



3. two fingers above the eyebrow



4. finger space under the chin

### WRONG

too far forward



too big- impedes vision



### WRONG

too far back



too small



A quality helmet will have an adjustment dial at the back. Be sure to adjust this to ensure a comfortable and proper fit.

Adjust the side straps until they are in a proper V under the ear, to keep the helmet in it's proper position and to maximize comfort.

Because some helmet materials deteriorate with age, the Snell Memorial Foundation recommends that a helmet be replaced at least every 5 years, or sooner if the manufacturer recommends it.

Studies from China, Denmark, the Netherlands and the United Kingdom show that regular cyclists live longer because the health effects far outweigh the risk of crashes.

Helmet acts as a shock absorber to absorb impact so the brain doesn't have to.

In one study of children and adolescents aged 4 to 18 years, 96% were found to be incorrectly fitted.

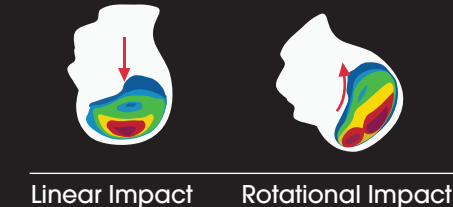


### What is MIPS?

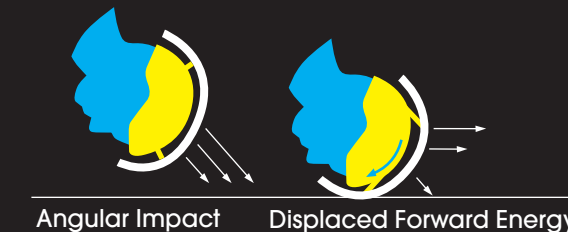
MIPS stands for Multi-Directional Impact Protection System.

Created by a Swedish neurosurgeon, it is a slip-plane system within the helmet designed to rotate inside the helmet in order to slow or reduce the amount of energy transferred to the head, in the event of a crash, possibly reducing head injury from rotational impacts.

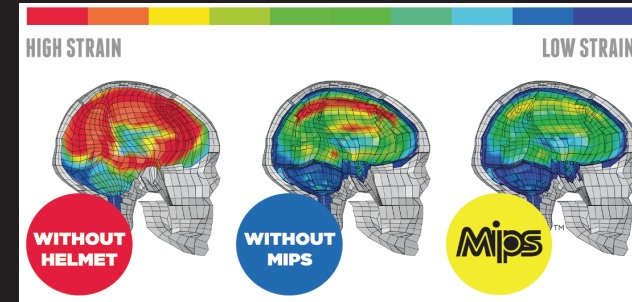
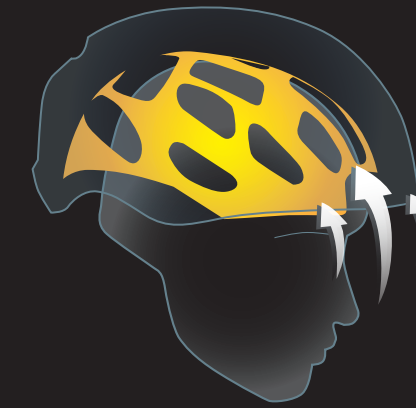
Several researchers have linked severe brain injuries (including concussion) to rotational motion transmitted to the brain from angled impacts. The human head is more sensitive to rotational motion than linear motion.



Linear Impact      Rotational Impact



Angular Impact      Displaced Forward Energy



The brain is surrounded by a low-friction cushioning or cerebrospinal fluid that allows it to slide slightly upon impact. MIPS mimics this by placing a low friction layer between the head and the helmet.

This allows a relative motion between the head and the helmet on an angled impact.

This small motion adds a protection against rotational violence and can reduce strain otherwise transmitted to the brain.

