

Helmet Sizes & Fit

Correct Helmet Fit – Size & Shape

To find helmet size required, use a soft tape measure to measure the circumference of the head about 1” above the eyebrows, the measurement equates to the size of the helmet. As all helmets do not fit exactly alike the shape of the head needs to be also taken into consideration, round, oval or ‘roval’. It is always best to try a few different models in the size required to get the best and most comfortable fit for the head. In relation to children it is important not to take into account too much growth as a helmet that is too loose will be ineffective in the event of an impact and will not adequately protect the skull.

When putting a helmet on to your head align the front of the helmet with your eyebrows and pull on both straps until seated. The back of the helmet should not be digging into the back of the neck, there should be no gaps between the inside of the helmet and the head. A good fitting helmet should be snug (but not so tight as to cause a headache), the helmet should not be able to roll backwards when worn, ear pads should be against the ears, padding flush against cheeks. Goggles should be helmet compatible and fit over the eyes within the aperture of the helmet and when the strap is placed around the circumference of the helmet should not distort vision. Ideally, there should not be a gap between goggles and helmet. An uncomfortable pressure feel may be changed by adjusting the goggles. It is a good idea to buy the goggles at the same time as the helmet. If you already have your own goggles try these on with the helmet. Keep the helmet on for a few minutes and if everything feels comfortable, that should be OK.

cm	49-51	51-55	56-58	59-60	61	62
Size	XS	S	M	L	XL	XXL

The helmet should sit squarely on the head, low on the brow to protect the forehead, uniform pressure exerted by the padding should be felt all around the head but not so tight as to restrict the movement of the skin on the forehead when the helmet is moved front to back or rotated right to left. Once all that is in place, the chinstrap should be adjusted so that there is no slack when fastened and it fits snug against the throat, the front and rear straps (usually on soft-sided helmets) form a ‘Y’ forward and just below the ears.

Note. Wearing a helmet is a safety aid – it **does not** make the wearer invincible. Also, please note that as helmets are a safety aid, Ventura **does not exchange or refund** this kind of purchase (unless faulty).