

Kettering Cyclones

HELMET POLICY

In order to take part in a Cyclones coaching session or event, riders **must** wear properly secured bike helmets at all times.

It's the responsibility of the rider's parent or guardian to select a standard of helmet which offers protection against head injury without restricting the riders' vision or hearing.

This responsibility also applies to ensuring that the helmet undamaged and in good condition. Any helmet which suffers damage (e.g. in the case of an accident or through mishandling) may no longer give the same level of protection and should be thrown away and replaced.

Helmets worn in Cyclones coaching sessions or events must:

1. Have a CE mark and conform to an appropriate standard:
 - SNELL B95 (Snell Memorial Foundation)
 - AUS/NZS 2063:96 (Australian and New Zealand standard)
 - DIN 33-954 (TUEV Institute Germany)
 - CPSC or EN 1078 (Europe)One or more of these marks **must** be visible on the helmet (usually on the inside).
2. Show no visible signs of damage such as cracks or chips.
3. Fit correctly (see below).
4. Always be properly secured and worn correctly.
5. Be snug but not too tight – the rider should be able to bow forward without the helmet falling off when the chin strap is undone.
6. Be comfortable.
7. Not have any cameras or camera brackets fitted to it.

Helmets worn in Cyclones coaching sessions or events must be fitted as follows:

1. The helmet must be **level** on the rider's head, ensuring the temples are protected. It must **not** be tilted back. Longer hair must be pushed back inside the helmet to ensure the rider's vision is not impaired.
2. The Y of the side straps must meet just below the ear.
3. The chin strap must be snug. Ideally, the rider should be able to easily put two fingers between their chin and the strap.

See image below:

Helmet Check

- Have a CE mark and conform to an appropriate standard
- Show no visible signs of damage such as cracks or chips
- Fits correctly
- Is always worn correctly
- It is snug but not too tight – the rider should be able to bow forward without the helmet falling off when the chin strap is undone
- The helmet is comfortable



- ① Ensure the helmet is level on the rider's head, ensuring the temples are protected – it must not be tilted back
- ② The Y of the side straps should meet just below the ear
- ③ The chin strap should be snug. Ideally, the rider should be able to easily put two fingers between their chin and the strap

Please speak to one of the coaches if you have any questions about helmets or how to wear them.