

### Choosing the Right Bike Helmet

It is required by law that all bike riders under the age of 18 in Ontario wear a properly fitted bike helmet. Wearing a bike helmet is strongly encouraged for all riders regardless of age or ability. Wearing a bike helmet significantly reduces the risk of head injury.

#### How to fit a bicycle helmet – The 2V1 Rule

**2** - Two fingers above the eyebrow to the bottom of the helmet. This ensures proper placement on the head, not too far forward or backward. The helmet should fit firmly and level on the rider's head.

**V** - Use your fingers to make a "V" shape around the bottom of your ears with the bottom of the "V" just below the ear lobe. This is where the side straps of the helmet should be when the helmet is on the rider.

**1** - One finger between the chin strap and chin. The strap should be tight enough to secure the helmet, but not so tight as to constrict, pinch, or be uncomfortable.

**Check helmet fit EVERY time you get on you bike!**



#### Helmet fitting videos:

Middlesex London Health Unit <https://www.healthunit.com/fit-bicycle-helmet>

Parachute Canada Video <https://youtu.be/wDGrxjDjzKc>

#### Replace a helmet when:

- You are in a crash
- You drop the helmet hard on the ground
- The helmet has a crack in it
- The foam inside is falling apart
- The helmet is 5 years old even if it looks fine



## Other helmet and bike resources:

- Parachute Canada – Helmets for bicycles, skateboarding, inline skating and scooter riding  
<https://parachute.ca/en/injury-topic/helmets/helmets-for-bicycles-skateboarding-inline-skating-scooter-riding/>
- Middlesex London Health Unit – Bike helmet safety  
<https://www.healthunit.com/bicycle-helmet-safety>
- Middlesex London Health Unit - Choosing a bike helmet for your toddler  
<https://www.healthunit.com/toddler-bicycle-helmets>
- Ministry of Transportation Ontario – Bike Safety - Before you head out on a bike, learn the rules of the road, helmet information, cycling guides and safety tips for cyclists of all ages  
<http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml>

There are many resources and tools available to help you choose the best bike helmet for your child and family. The information on this handout is summarized material from the London Middlesex Health Unit, Parachute Canada and the iCan Shine program.

If you have any questions about bike helmets or bikes, connect with your Recreation Therapist or Physiotherapist at 519-886-8886 or 1-888-372-2259.

## Need more support to get your child riding a two-wheel bike?

The TR Bike Clinic provides individual assessments and support. This clinic is a universal service and is available free of charge to all families eligible for KidsAbility's universal services. For more information visit: [www.kidsability.ca/tr-bike-clinic](http://www.kidsability.ca/tr-bike-clinic)

To access this clinic, contact Intake 519-886-8886 or 1-888-372-2259 ext. 1214 or speak to your KidsAbility Therapist.

