

Fitting Your Equestrian Helmet

A helmet that fits properly is one of most important pieces of safety equipment horse riders can use. To make sure you get a good fit:

1. The front of your helmet should be a quarter-inch to a half-inch above your eyebrows.
2. The helmet should fit snugly enough to leave a slight mark on your forehead.
3. When you shake your head, the helmet should not slip up and down or side to side.
4. The chin strap should be as snug as possible without making it difficult to breathe.
5. If you are going to wear your hair up, be sure to put it more on the back of your head rather than on top, and compress it as flat as possible. Ideally, it is better to gather it in a hairnet at the base and sides of the helmet.
6. If your helmet has a V-shape adjustment system for the straps, take the time needed to make sure the straps pull the helmet straight down.
7. Check the fit of your helmet every three months:
Straps stretch out, padding settles and the fit changes.
8. Also check the fit if you cut your hair.

Dr. Fernanda C. Camargo and her friend Skye.

