

bike

MS[®]

Texas MS 150

Helmet Smart

Select a certified Helmet (ASTM or Snell sticker)

Correct Fitting of Helmet

- 1 1 to 2 fingers between eyebrows and rim of the helmet
- 2 Ensure straps are not covering the ears and form a “Y” shape below the ears
- 3 Chin strap snug under chin – less than ½’ (less than 1 finger width between the chin and the chin strap)



Image courtesy of League of
American Bicyclists

***Shake your head from side to side; there should only be a little movement**
In the event of an accident, a loose helmet won't provide protection
(the same as not wearing a helmet at all)

***Replace helmet if involved in an accident or older than 3 years**

**Head injuries are a special concern for cyclists.
Even falling at a slow rate of speed can cause a serious head injury**

**Helmets must be on your head and strapped securely
while riding in the Texas MS 150 – NO exceptions.**

**Participants found not to be wearing their helmets will be disqualified
from the ride and removed from the route.**