Helmet Smart

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 BP MS 150 – No exceptions.

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

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)

*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