



WEAR A HELMET. FIT IT RIGHT. PROTECT YOUR BRAIN.

2-4-1 HELMET FIT CHECK

2

**FINGERS ABOVE
THE EYEBROWS**



4

**FINGERS TO
FOLLOW THE SRAPS
AROUND THE EARS**



1

**FINGER UNDER
THE CHIN STRAP**



Your brain is soft and your skull is thinner than you think. A properly fitted helmet helps prevent serious injury.

For more information, visit simcoemuskokaonthemove.ca