

***Mountain Lakes Bike
Rodeo
Wildwood School
June 2018***





SAFE KIDS Does your helmet fit properly?
Take the Helmet Fit Test

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a "V" under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

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