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EQUINE GUELPH  
helping horses for life

## Does Your Helmet Fit Correctly?

1



Measure the circumference of your head to find your helmet size

2



Holding the straps out of the way, put the helmet on from front-to-back

3



Put the helmet on from front-to-back

4



Push down all the way on the rear of the helmet, forcing out all the air until the helmet is touching the top and back of your head

5



If the helmet feels right, bend forward and shake your head from side to side; if the helmet stays in place then it fits properly

6



Adjust and buckle the straps for a finished product

Content & photos courtesy of pegasushelmets.com

## Why don't you wear a helmet? Top excuses

1. ***I use my bike helmet.*** Bike helmets are not sturdy enough, are designed for someone closer to the ground, traveling slower, and not being accidentally kicked in the head by a hoof.
2. ***They're ugly.*** There are many different styles and colors available, and you can always get a cool cover.
3. ***I'd be penalized in the show ring.*** While this is still true in some disciplines, some horse events require helmets and other dangerous sports such as hockey and football and car racing routinely demand helmets. Change the laws. It can be done with enough pressure from participants.
4. ***I ride Western.*** If you think about the "real" cowboys, they dressed for protection. They wore sturdy boots, had extra cinches on their saddles, they wore chaps, had stirrup covers to protect their feet, they wore gloves and even bandanas. If helmets had been available then, REAL cowboys would've worn them. You can get helmets under western hats.
5. ***Helmets are uncomfortable.*** While this is true of the old style helmets, designs and materials have changed and are constantly getting better. Most of the complaints can be fixed with proper fitting and picking the best style for you.
6. ***Helmets are hot.*** As with point 5, find the proper fit and style. Better a hot head than a broken head.
7. ***Helmets give me a headache.*** It could be less about the helmet and more about lack of water intake that causes the headaches. Equestrian activities can be strenuous and most riders don't drink enough water.
8. ***I'll get "hat head".*** Maybe true. And your point is?
9. ***I'm an experienced rider.*** A study conducted in Alberta found that injured riders had an average of 27 year experience. New riders were safer, perhaps because they were more cautious.
10. ***It's my head and I can do what I want with it.*** Yes, it is your head. The message you are sending to everyone around you is that safety is not important. If you require your children to wear a helmet and you don't, you are sending the message that once they are adults it's okay to risk their lives in this way. Before you decide that wearing a helmet is not for you, think it through. Your head is like a watermelon. Try dropping one from eight feet in the air and you will get a pretty good idea what can happen to your head. When you break your head, what trauma will you inflict on the person who comes to your rescue? What trauma will you inflict on your family, including parents and children? Who is going to take care of you for the rest of your life if you severely damage your brain? 24 hrs a day; seven days a week. Make the right choice.