



USE YOUR HEAD. WEAR A HELMET!

"I cracked my helmet while riding my horse, Oddysey, jumping some fences at our barn. Oddysey spooked after coming over a fence at a canter in a new ring. I fell to the ground, banging my head hard enough to crack my helmet open. Without the protection of my helmet, I would have severely injured my head. I am very thankful to my coach and parents, who have never given me an option to ride without the safety of my helmet."

- Stephanie Whiting, 19 years old



The Right Way

- Helmet fits properly
- Visor is parallel to ground
- All straps are snug



The Wrong Way

- Helmet is too big
- Helmet sits back on head
- Straps are loose

Test your knowledge on helmet safety

(circle the correct answer):

1. I can use my bike helmet when riding horses. **T/F**
2. If I fall off a horse and land on my head, the helmet should be replaced even if there's no mark on it. **T/F**
3. My hairstyle and the way I wear my hair can affect the fit of my helmet. **T/F**
4. A helmet should:
 - A) Fit correctly, carry a safety rating, be worn anytime you ride.
 - B) Fit correctly, be worn only when you are jumping.
 - C) Fit comfortably with a bandana, be worn anytime you ride.

Answers: 1. F 2. T 3. T 4. A