Does your helmet fit properly?
Take the Helmet Fit Test

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

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

**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!