

Equestrian Helmet Information

Approved Equestrian Helmets

- ASTM/SEI approved helmets will have a tag or sticker inside the helmet.
- Equestrian helmets offer additional protection to the back of the head and also provide protection to specific areas of the head relating to falls from horses.

How to check if a helmet is approved



Inside an equestrian helmet you will find
ASTM/SEI certification information

Approved Helmets

There are various types of approved equestrian helmets.

English, Schooling, Western, and
Derby



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Unapproved Helmets

- Bicycle helmets, Skateboarding helmets, ATV helmets, and Motorcycle helmets are **NOT** approved for equestrian use.
- Bicycle Helmets, Skateboarding Helmets and Equestrian Riding Helmets are not all the same. While similar in appearance, bicycle helmets are not subject to design specifications and standards that a riding helmet must pass in order to provide adequate protection.
- Hunt caps are NOT ASTM/SEI certified. These caps do not offer protection in the event of a fall.



Bike Helmet

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Bike Helmet

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Skateboarding Helmet



ATV Helmet

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Hunt Cap

Properly Fitted Helmets

- A correctly sized helmet sits down snugly on your head and covers your entire skull with equal pressure all around.
- No gap exists between your helmet and your head; even pressure with the lining allows the helmet to absorb force in an accident.



How to Measure Your Head

- Before you begin, you'll need a soft fabric measuring tape with centimeter increments.
- Place the tape measure snugly around your head at the widest point about one inch above your eyebrows. Make sure the tape goes over the bump at the back of your head and that it is just above the top of your ears.



How to Measure Your Head

- Compare your head measurement to the manufacturer's sizing chart.

Note: Some manufacturers use head circumference in centimeters for their sizing, some use hat sizes, and some use universal sizing in extra small, small, medium and large. Additionally, helmet sizes vary between manufacturers.

How to Measure Your Head

- Place the helmet level on your head. Be sure to try on helmets with your hair in the same style in which you ride. If you have long or thick hair that you wear under your helmet, you may need to increase your helmet size slightly.

Note: Attempt to make your hair as flat to your head as possible when wearing your helmet; many people prefer to use two hair nets to obtain a sufficiently flat, snug fit. The first hair net is tied into the ponytail, and the second hair net holds the ponytail flat to the head.

How to Measure Your Head

- Check the helmet shape. Some helmets suit round heads and some suit oval heads; you may have to experiment with different brands to find the most suitable helmet.
- There are various ways to determine whether a helmet is the wrong shape for your head, but here are some examples.
- If the helmet squeezes your forehead but rocks easily sideways, it is too round for your head.
- If the helmet fits the sides comfortably but rocks front to back, it is too oval for your head.

How to Measure Your Head

- Check the overall fit.
- A correctly sized helmet sits down snugly on your head and covers your entire skull with equal pressure all around. No gap exists between your helmet and your head; even pressure with the lining allows the helmet to absorb force in an accident.

- If you feel the helmet wants to rise or pop upward from your head, it is too small

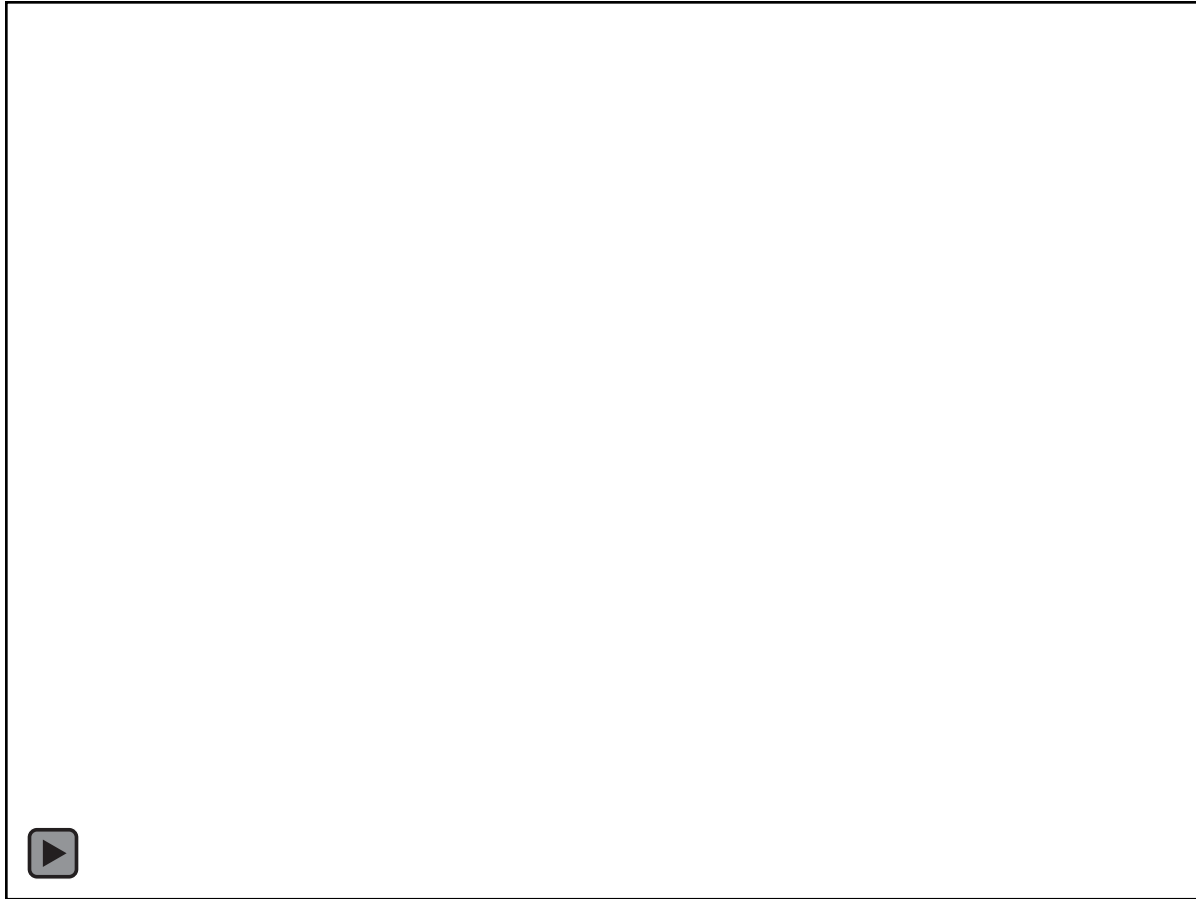


- If the helmet is loose all around your head and sitting low on the eyebrows, it is too large.



- The front brim should not sit more than two fingers' width above your eyebrows. It should not sit any lower than 1/2" above your eyebrows or it could block your vision.
- If the brim does not sit correctly, try a different helmet that is either deeper or shallower.
- Adjust the chin strap when you're sure the helmet stays in place without the harness. It should fit snugly under your chin such that it will hold the helmet in place, but not so tightly as to cause discomfort against your throat.





References

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