Perform a Helmet Check

Your helmet straps should create a "V" shape around your ear. Your head should fit perfectly in the hallowed inside of your helmet.

> No more than three fingers should fit between your eyes and helmet.

Only two fingers should fit under your chin strap. If the strap is too loose, it should be tightened.

Learn how to Make sure your helmet is on properly!



For more information visit our Safe Routes to School website: montgomerycountymd.gov/SRTS