

How to Fit a Bicycle Helmet



Incorrect



Incorrect

Not more than ½" of play in either direction

Not more than 2 fingers between the chin and strap

Side buckles under your ears

Front strap pulls down when you open your mouth

Never use a helmet involved in a crash

Pre-Ride Checklist

1. Air in tires
2. Brakes working properly
3. Chain clean and oiled
4. Quick releases all tight (wheels and seat posts)
5. Saddle, pedals and handlebars adjusted and tight
6. Water (under 1.5 hr) “Supplemented” water (1.5hr +)
7. First Aid Kit (longer family rides)
8. Identification
9. Cell Phone

US Open Cycling Foundation offers:

- Safe Cycling Classes for Kids
- Beginner through advanced bicycling classes for groups and individuals
- Bicycle commuting employee wellness programs
- Community bicycling programs
- VeloSprints Team Building and Fundraising
- League of American Bicyclists Certified Instructors

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Support our work to help make Americans healthier and America cleaner through bicycling for fitness, fun and transportation.

Beginning here in Southern New England!

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We are a Rhode Island-based 501(c)(3) non-profit

