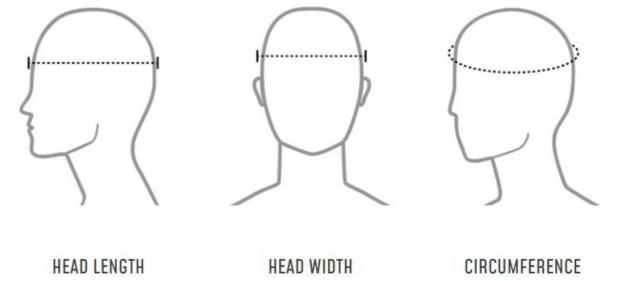
## **HOW TO FIT YOUR HELMET**

Getting the right fit is important for performance and comfort. Use a tape measure and caliper to take measurements. The wearer MUST be seated in an upright position for proper fitting. See the illustrations for correct measuring points.

NOTE: If any measurement falls on the dividing line between sizes, select the larger size.



Measure completely around head

HELMET SIZE	HEAD LENGTH	HEAD WIDTH	CIRCUMFERENCE
Small	UP TO 7¼" / 184 mm	UP TO 6½" / 162 mm	UP TO 21¼" / 538 mm
Medium	7¼" / 184 mm to 7¾" / 198 mm	UP TO 6½" / 162 mm	21¼" / 538 mm to 22½" / 573 mm
Large	7¾" / 198 mm to 8¼" / 210 mm	UP TO 6½" / 162 mm	22½" / 573 mm to 23½"/ 597 mm
Extra-Large	8¼" / 210 mm and over	6½" / 162 mm and over	23½"/ 597 mm and over