



Proper helmet fit is vital to the performance of a helmet during an impact. For the helmet to perform properly during and impact, it must stay securely on the head.

Measuring the head is only a starting point for the entire sizing procedure. Due to varying shapes, heads that are apparently the same size when measured by a tape may not necessarily fit the same size helmet.

A small metal tape measure or cloth may be used to make your initial measurement. You can also use a string, which can then be laid against a measuring tape.

Measure the circumference of the head at a point approximately one inch above the eyebrows in front and at a point in the back of the head that results in the largest possible measurement. Take

SIZE	MEASUREMENT (inch)	MEASUREMENT (centimeter)
2XS	20 - 20 1/2	51 - 52
XS	20 7/8 - 21 1/4	53 - 54
SM	21 5/8 - 22	55 - 56
MD	22 1/2 - 22 7/8	57 - 58
LG	23 1/4 - 23 5/8	59 - 60
XL	24 - 24 3/8	61 - 62
2XL	24 3/4 - 25 1/8	63 - 64
3XL	25 1/2 - 26	65 - 66

Sizing information is provided by the manufacturer and does not guarantee a perfect fit.