

HELMETS

A helmet is an important safety consideration



Educate yourself about helmet use

In Snow Sports safety, there is no substitute for responsible behaviour on the slopes. Adhere to the “Alpine Responsibility Code” and consider wearing a helmet. It’s a smart idea.

The **Australian Ski Areas Association** in co-operation with the **National Ski Areas Association** (USA) supports the wearing of helmets by persons undertaking snow sports activities but recognises that the decision to wear a helmet is a matter of personal or parental choice. Parents and snow sports enthusiasts should educate themselves about the benefits and limitations of helmets and then make an informed decision for themselves and their children. Remember, each snow sports enthusiast’s behaviour has as much to do with their safety as does any piece of safety equipment.

ALWAYS SKI AND RIDE WITH CARE KNOWLEDGE FOR YOUR NOGGIN

- ***Will I be safer wearing a helmet?***
Snow sports helmets may make a difference in reducing or preventing head injuries and many skiers and snowboarders are choosing to wear them. However, helmets do have limits and users need to be aware of them.
- ***Why are helmets becoming so popular?***
In addition to offering an added degree of protection, snow sports helmets are now designed to be lightweight, comfortable, warm & fashionable.
- ***Are there helmets specifically designed for snow sports?***
Yes, snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets the currently recognised snow sport helmet design standards.
- ***What are some tips to assist me if I decide to buy a helmet?***
The most important consideration is fit. A properly fitted helmet should be snug and not obscure vision or hearing. Your local ski shop can help you to identify the best brand for your head shape and confirm a proper fit.
- ***What do parents need to know about helmets and kids safety?***
 - Your child should know the Alpine Responsibility Code. Slope safety and personal responsibility should be discussed prior to hitting the slopes.
 - A helmet may make a difference in reducing or preventing a head injury from a fall or other impacts. However, no helmet can protect the wearer against all foreseeable impacts and injuries to the head. Emphasise to your child to “use their head and Ski and Ride with Care”
 - A helmet’s fit is most important. It’s helpful to know your child’s head circumference. You can learn this by using a tailor’s measuring tape and measure your child’s head above the ears and right above the eyebrows. A properly fitted helmet will be comfortable with no pressure points. A helmet is not an item that you want to grow into.
 - When shopping for a helmet, bring your goggles along and make sure that they will fit the helmet you choose.
 - When choosing a helmet consider choosing one that meets currently recognised standards, such as the CE, ASTM or Snell standards.
 - Helmets can vary widely in price. Factors that affect this include graphics, weight, style and material used in construction and conformance to a particular standard.
 - Enrol your child in a snow sports school because they will master the sport more easily with instruction and learn great habits early on.
- ***Where can I get more information about helmets?***
Contact a ski area, visit a helmet manufacturer’s website, go to www.lidsonkids.org or go to www.asaa.org.au