



## Bike-Walk Alliance of New Hampshire

2 Whitney Road, Suite 11, Concord, NH 03301-1844

# NEED HELMETS?

BWANH can supply a limited number of free youth bike helmets to New Hampshire schools, and other qualifying organizations, as part of their Safe Routes to School program.

If your school or organization has a need for free youth bike helmets, **please contact us** at [info@bwanh.org](mailto:info@bwanh.org) or 603.410.5848 to learn further details.

### SIZING YOUTH BIKE HELMETS

To determine the appropriate size helmet, measure the circumference of the child's head using a tape measure or string. Wrap the tape measure or string around the head, 1" above the eye brows, over the ears, and around the largest point at the back of the head. Measure the string using a ruler or yard stick.

The chart below lists helmet sizes for the HelmetsRUs Model 02 and Model 09 youth bike helmets. Other helmet manufacturers sizes may vary.

YOUTH BIKE HELMET SIZE CHART		
Bike Helmet Model 02	Inches	Centimeters
Small	19.68 to 22.04	50 to 56
Medium	21.25 to 22.83	52 to 58
Large	22.83 to 24.01	58 to 61
Bike Helmet Model 09	Inches	Centimeters
Small	19.68 to 22.	52 to 57
Medium	21.25 to 22.83	54 to 58
Large	22.83 to 24.01	58 to 62
X-Large	23.22 to 25.4	59 to 63

**NOTE:** Size Small typically fits the average 5 or 6 year old. Size Medium typically fits the average 6 to 12 year old. Large typically fits teenagers and some adults. For best results, measure head circumference.

BWANH educates, advocates and agitates to improve walking and biking conditions statewide.