



Honeywood

PRIMARY SCHOOL



“Wheels on Wednesday”
“Decorate & colour your helmet!”



Fitting a Bicycle Helmet Correctly-

- The helmet should sit level on your head; wear it low on your forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a “V” shape under your ears.
- Tighten the chin strap and adjust the pads inside so the helmet doesn't move.
- The helmet should fit snugly and must always be buckled—EACH time you ride.