



Rider/Helmet Safety (hands-on activity)

1. Teaching notes

“Does your helmet fit correctly?” Activity

Items needed:

- Flexible measuring tape(s)
- Print class handout

Ask workshop participants to bring their helmets. Demonstrate steps outlined in handout. Ask participants to follow steps (in pairs or groups).

Further resources:

- Video “Every Time, Every Ride” (<http://4h.wsu.edu/foundation/merchandise.htm>)
- www.saddleupsafely.org

2. Workshop handout (Does your helmet fit correctly? EG infosheet pdf) (refer to webpage)