






Which Helmet for Which Activity?

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WHEELED ACTIVITY

	 Bicycling, Low-Speed Scootering	 In-Line Skating	 BMX Cycling	 Skateboarding	 Roller Skating
Helmet	Bicycle	Bicycle, in-line skating or skateboard	BMX or Off Road with facial protection	Skateboarding	Bicycle or in-line skating
Standards	CSA D113.2, CPSC, Snell B-95, N-94, ASTM 1447, F-1898	<i>Recreational:</i> CSA D113.2, Snell B-95, CPSC, ASTM F-1446, F-1447 <i>Aggressive:</i> Snell N-94, ASTM 1492	CPSC, ASTM F-2032	Snell N-94, ASTM F-1492, CEN	CSA D113.2, CPSC, Snell B-95, N-94, BS EN 1078
Type of Impact	Single	Mostly Single	Single/Multiple	Single/Multiple	Single

WINTER SPORT

	 Skiing	 Snowboarding	 Sledding/Tobogganing	 Hockey	 Skating
Helmet	Ski/snowboard	Ski/snowboard	Ski/snowboard or hockey	Hockey with compatible face shield	Hockey
Standards	CSA Z263.1, ASTM F-2040, Snell RS-98, S-98	CSA Z263.1, ASTM F-2040, Snell RS-98, S-98	CSA Z262.1, Z263.1, ASTM F-2040, Snell RS-98, S-98	CSA Z262.1 – hockey; and Z262.2 – face protection	CSA Z262.1
Type of Impact	Mostly Single	Mostly Single	Single/Multiple	Multiple	Multiple

You should always wear and use helmets as recommended by the manufacturer. ThinkFirst encourages you to refer to the manufacturer guidelines and manuals. Helmets cannot prevent all head injuries in sport. Visit us online at www.thinkfirst.ca for any updates and revisions.

**Use the 2V1 rule
to properly fit your helmet!**




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FIELD SPORT

	 Football	 Lacrosse	 Baseball, Softball, T-Ball
Helmet	Football	Hockey with compatible face shield	Baseball batter's or baseball catcher's
Standards	NOCSAE ND002, ASTM FF717	CSA Z262.1 - ice hockey; and Z262.8 - face protection	Batter's: NOCSAE ND022
Type of Impact	Multiple	Multiple	Single/Multiple

SINGLE VS. MULTI-USE AND SINGLE VS. MULTIPLE IMPACT HELMETS

Sometimes helmets are described as either "single" or "multiple" impact. This can be confusing, since we also hear about "single" or "multi-use" helmets. These terms mean different things.

Single USE helmets mean that the helmet is only certified for one activity. Baseball batting helmets are an example of a single use helmet. **Multi-USE** helmets are certified for more than one activity. The helmet certification sticker will tell you which activities your helmet is certified for.

Single IMPACT means that the helmet is designed to protect you against a single crash, after which you must replace the helmet. Bicycle and most ski/snowboard helmets are often single impact. **Multiple IMPACT** means the helmet can withstand multiple hits before losing its protectiveness. Hockey helmets are multiple impact helmets.

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