

Which Helmet for Which Activity?

thinkfirst.ca before you play

Wheeled

| | Recommended Helmet | Face Shield? | Certification |
|-----------------------------------|---|--------------|--|
| BICYCLING, SCOOTERING (LOW-SPEED) | BICYCLE HELMET | | CSA, CSPC, Snell B-95, N-94, ASTM 1447, F-1898 |
| BMX CYCLING | OFF-ROAD BICYCLE HELMET | YES | CPSC, ASTM F2032 |
| IN-LINE SKATING, ROLLER SKATING | BICYCLE HELMET, IN-LINE SKATING, OR SKATEBOARD HELMET | | Recreational: CSA, Snell B-95, ASTM F-1446/F-1447, CSPC Aggressive: ASTM 1492, Snell N-94 |
| SKATEBOARDING | SKATEBOARD HELMET | | ASTM F1492, Snell N-94, CEN certified |

Field Sports

| | Recommended Helmet | Face Shield? | Certification |
|----------------------------|------------------------------|--------------|---|
| FOOTBALL | FOOTBALL HELMET | YES | NOCSAE ND002, ASTM F717 |
| LA CROSSE | LA CROSSE HELMET | YES | CSA approved hockey helmets |
| BASEBALL, SOFTBALL, T-BALL | BATTER'S OR CATCHER'S HELMET | CATCHER'S | Batter's: NOCSAE ND022, ND22 Catcher's: NOCSAE ND024, ND24 |

Ice and Snow Sports

| | Recommended Helmet | Face Shield? | Certification |
|-----------------------|-------------------------|--------------|--|
| ICE HOCKEY | ICE HOCKEY HELMET | YES | CSA with compatible CSA-approved face shield |
| SKIING, SNOWBOARDING | SKI OR SNOWBOARD HELMET | | CSA Z263.1-2008, ASTM F2040, CEN 1077, Snell RS-98 or S-98 |
| ICE SKATING, SLEDDING | ICE HOCKEY HELMET | YES | CSA |

- **Cycling** - Wear a certified cycling helmet. Remember to replace your helmet if you have been in a crash, it is not designed to protect you a second time.
- **Skateboarding, In-line skating and Scooters** - Because falls are common in these activities, helmets for skateboarding, in-line skating and scooters should cover the back of the head to better protect against backward falls and withstand multiple impacts. A skateboard or in-line skating helmet should not be used for bicycle riding unless specified on the label. No specific standards have been set for scooter helmets.
- **Multi-sport helmets** - Some helmets are marketed as "multi-sport" meaning they meet safety standards for more than one activity (such as skateboarding and in-line skating). Be sure the helmet you buy has been tested for the activities you will be using it for.
- **Field Sports** - Team field sports, such as football, baseball/softball and lacrosse, have helmets specific to the kinds of hazards each sport presents. Football and lacrosse require face protectors on helmets because of the level of contact between players and equipment.
- **Hockey** - These multiple impact helmets are intended to protect your head from impacts due to falls on ice and collisions with the boards. Hockey helmets are also recommended for ice skating and tobogganing.
- **Skiing and snowboarding** - Ski helmets can be single- or multiple-impact helmets (check the manufacturer's label) and cover more of the back of the head than a bicycle helmet.
- **Ice skating and Sledding/ Tobogganning** - While specific ice skating and sledding helmets have not been developed, ice hockey helmets (skating and sledding) and ski helmets (sledding) are an option because they are designed to protect the head in all directions in icy conditions.

***WEAR AND USE HELMETS AS RECOMMENDED BY MANUFACTURER. HELMETS CANNOT PREVENT ALL HEAD INJURIES IN ALL SPORTS.**

Visit thinkfirst.ca to download this resource or for more information on Sport Smart programs, head injury prevention, and concussion awareness. This information card has been distributed through a grant from Aviva Canada.

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