



Safety First: Helmets

Greenhawk Calgary

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We all know that wearing an approved helmet is mandatory for most equestrian competitive activities. Outside of the ring, however, people often take a more relaxed approach to protecting their head! Do you ever find yourself putting your helmet on just before mounting, or occasionally forgoing it altogether?

Wearing a helmet while working both on the ground and astride is not just good sense, it also sets an important precedent for all young riders watching you. Consider this: horseback riding has a significantly higher injury rate per hour of exposure than ski racing, motorcycle racing, and even football! Reports have shown that over 60% of horse related casualties result from head injuries. Wearing a helmet can reduce this possibility by up to 80%! It is important to remember that if your helmet does not fit correctly, it is not effectively offering your head sufficient protection.

Check out these helmet fitting tips, and make sure that your helmet is working hard to protect you!

- When on the head, the helmet should feel snug, but not uncomfortably tight.
- When sitting correctly, the helmet should rest about one inch above your eyebrows.
- Try hanging your head upside down and shaking it back and forth. If your helmet slides, wobbles excessively, or falls off, it likely does not fit.
- Remember that different brands sometimes work better for different head shapes. As a general rule, round heads tend to fit better into GPA and Troxel Helmets, whereas oval heads tend to fit better into IRH and Charles Owen Helmets.

Additionally, if your helmet has taken a direct impact in a fall, it could have hairline fractures that impede its protective function. For this reason, it is generally recommended that helmets be replaced at least every 5 years and after every major impact. Fortunately, most helmet manufacturers have crash replacement warranties so that your head can stay safe!

Not sure about the warranty for your helmet, or think it might be time to replace yours? Come visit us at Greenhawk! We will make sure that we find the perfect fit for you!