



**CHARLES OWEN**  
ESTABLISHED 1911

# 5 STEPS TO FIT

Charles Owen's helmet range caters for every head shape. Here are the key steps to ensure a helmet is correctly fitted. We advise riders to always have their helmets fitted professionally.

## 1 MEASURE

Measure from  $\frac{3}{4}$  inch above the eyebrows and around the bump at the back of the head.



## 2 CHECK SIZING

Use the size chart to convert the head circumference (cm) to a helmet size.

## 3 GET THE LOCK

- ◆ Hair should ideally be worn in a low pony tail for first fit\*
- ◆ Place the forehead into the front of the helmet then, using a rolling motion, push backwards to feel the helmet lock into the base of the skull
- ◆ Run a finger around the rim of the helmet to check for gaps or loose points
- ◆ If there is any movement or gaps you may need to try a different size or round fit



## 4 SECURE

Always adjust the chin strap first, then tie the back laces with a knot and a bow (if applicable). You should be able to put a finger between the strap and chin.



## 5 CHECK FIT

A new helmet will mould to the shape of the head as it is worn. Check for:

- ◆ A snug fit with even, firm pressure around the entire head
- ◆ Helmet locks onto the back of the skull
- ◆ With the harness unfastened, helmet should not rock forwards nor backwards
- ◆ No specific pressure points
- ◆ No gaps



## 2

[www.charlesowen.com](http://www.charlesowen.com)

Head circumference (cm)	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65
Jockey sizes	000	000 1/2	00	00 1/2	0	0 1/2	1	1 1/2	2	2 1/2	3	3 1/2	4	4 1/2	5	5 1/2	6
English helmet sizes	6	6 1/8	6 1/4	6 3/8	6 1/2	6 5/8	6 3/4	6 7/8	7	7 1/8	7 1/4	7 3/8	7 1/2	7 5/8	7 3/4	7 7/8	8

\*If the rider would like to wear their hair up inside the helmet for each ride, firstly find the right size with hair in a low pony tail to assess size then put hair up to assess if a bigger size is needed.