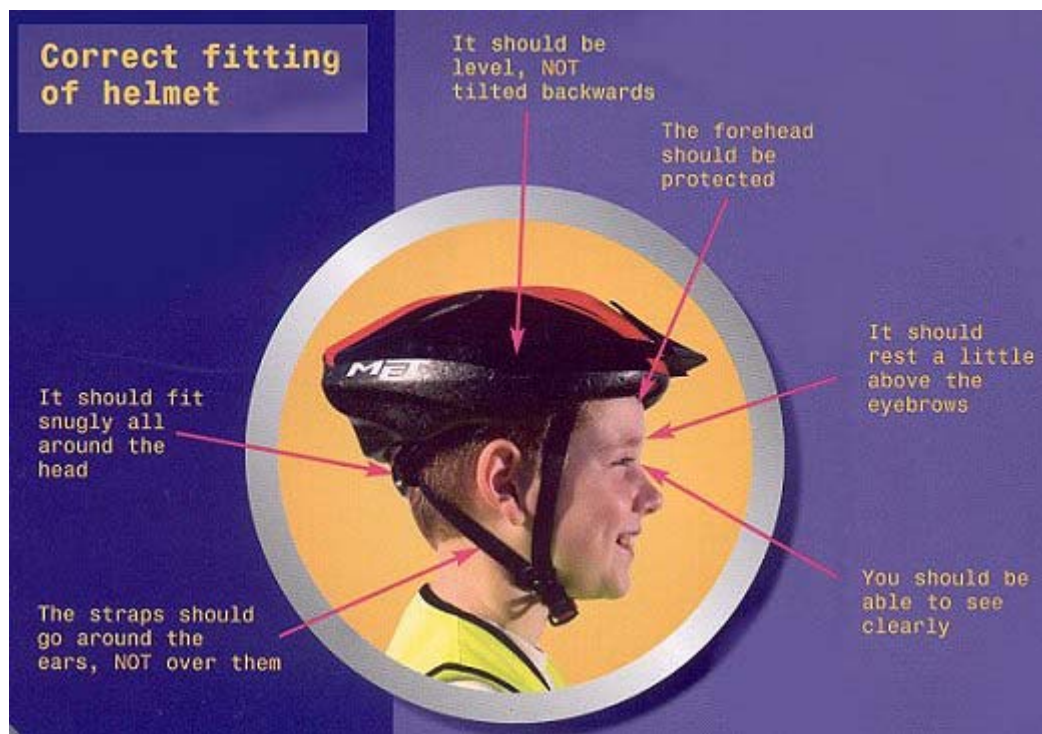


“Do I have to wear a cycle helmet?”

There is no law which says that cyclists **must** wear helmets. However, cycling is becoming more popular every year, leading to an increase in riders being killed and seriously injured in road accidents. More than half of those badly injured have serious head injuries and many of those who die do so because of injuries to the head.

Helmets should be worn by riders of all ages. They are now lightweight, stylish and comfortable, but are neither just for children, nor just for adults. Remember though that whilst wearing one will help to reduce the risk of you being seriously hurt if you come off your cycle, it will **not** prevent accidents.

Whilst some accidents are the fault of riders themselves, many are caused by other road users, particularly drivers of motor vehicles. Many of them happen near to home, so if you have got a helmet, wear it on every journey.



Helmets with a BS kitemark as well as a Standard number are even better. Only buy a helmet that has a "CE" mark and meets one of these Standards:

BS EN 1078:1997 (European Standard)

BS 6863:1989 (British Standard/ European Standard)

SNELL B.95 (American Standard)

Your cycling instructor will assess you in your helmet. If they do not consider the helmet to be correct for you, they will advise you to replace it.

We do not recommend the use of full-face helmets in cycling proficiency.

