

Disabled Sports USA requires that all those participating in the following activities use a helmet:

- [Alpine skiing](#)
- [Cycling](#)
- [Equestrian](#)
- [Ice hockey](#)
- Outdoor [rock climbing](#)
- [Snowboarding](#)
- White water [kayaking](#)
- White water river [rafting](#)
- Any other activity when directed by Disabled Sports USA

PROPER HELMET FITTING (Excerpt from [Concussion Awareness Pamphlet](#))

For a helmet to be effective, it must fit properly. To ensure proper fitting, follow these steps.

1. Measure – Take a soft measuring tape and wrap it around the head, about 1 inch above the eyebrow. The measurement should match the helmet size (i.e. if the tape reads 56 cm, the student will wear a 56 cm helmet).
2. Try it On – The helmet should feel snug all the way around the head, without being too tight so the student feels pressure spots. If excess space occurs between the helmet and the head, it is likely too large.
3. Shake Test – With the helmet on, have the student shake their head around. If the helmet moves on its own, it is too big. When moving the helmet to the left, right, up and down, the skin on the head should move with the helmet without the helmet shifting on its own.
4. Adjust the Straps – The Y of the side straps should meet just below the ear, and the chin strap should be snug against the chin so that opening the mouth very wide pulls the helmet down a little.

Adaptive Considerations

Non-Standard Sizing – Some students cannot wear typical helmets for various reasons including but not limited to surgically implanted shunts, hearing aids, skull deformities, and large or small head size. While minimal padding can be added to the helmet to help with non-standard fit, note that any modifications to the helmet may affect the integrity and effectiveness of the helmet as well as the manufacturer's warranty. Instead, consider purchasing a helmet directly from a manufacturer that is intended for a non-standard size. Students may also consult with their physician or therapist for personalized advice on helmet fit.

Cochlear Implants – It is recommended that students not use their cochlear implant during sports activities requiring helmets due to increased risks of damage to the head or the implant should an impact occur. Instead, work through a communication plan prior to participation, such as guiding by sight, that makes sense for the student and sport activity.