

## Helmets

U.S. Figure Skating strongly recommends the use of helmets for beginner skaters of all ages. To select the helmet that best suits your needs, please consider the following information.

A helmet should be both comfortable and snug. Be sure that it is level on your head – not tilted back on the top of the head or pulled too low over your forehead. It should not move in any direction. The chin strap should be securely buckled so that the helmet doesn't move or fall off during a fall or collision. The individual that will be wearing the helmet should be present when purchasing a helmet so that it can be tested for good fit.

### DO:

- Wear helmet low in front to protect forehead
- Fasten buckle and check strap adjustment often
- Replace your helmet immediately if it shows any visible signs of damage
- Clean helmet with mild soap/water only
- Store helmet in a cool dry place

### DON'T:

- Wear anything under your helmet
- Attach anything to your helmet
- Wear a helmet that does not fit or cannot be adjusted properly
- Leave a helmet in direct sunlight or in a car on a sunny day

### Which helmets work for ice skating?

A hockey, skateboard or ski helmet (multi-sport) will be suitable for using during beginning ice skating lessons. These helmets are designed to withstand more than one moderate impact, but protection is provided for only a limited number of impacts. They should be replaced if visibly damaged. Consult the manufacturer's instructions for guidance on when the helmet should be replaced.

### Safety

In addition to wearing a helmet, there are other safety precautions you can take when you are first learning how to skate:

- Dress appropriately
- Warm up and cool down appropriately
- Know on-ice safety rules
- Use skill progression to prepare for more difficult elements