

# Which Helmet for Which Activity?

thinkfirst.ca before you play

## Wheeled

	Recommended Helmet	Face Shield?	Certification
BICYCLING, SCOOTERING (LOW-SPEED)	BICYCLE HELMET		CSA, CSPC, Snell B-95, N-94, ASTM 1447, F-1898
BMX CYCLING	OFF-ROAD BICYCLE HELMET	YES	CPSC, ASTM F2032
IN-LINE SKATING, ROLLER SKATING	BICYCLE HELMET, IN-LINE SKATING, OR SKATEBOARD HELMET		Recreational: CSA, Snell B-95, ASTM F-1446/F-1447, CSPC Aggressive: ASTM 1492, Snell N-94
SKATEBOARDING	SKATEBOARD HELMET		ASTM F1492, Snell N-94, CEN certified

## Field Sports

	Recommended Helmet	Face Shield?	Certification
FOOTBALL	FOOTBALL HELMET	YES	NOCSAE ND002, ASTM F717
LA CROSSE	LA CROSSE HELMET	YES	CSA approved hockey helmets
BASEBALL, SOFTBALL, T-BALL	BATTER'S OR CATCHER'S HELMET	CATCHER'S	Batter's: NOCSAE ND022, ND22 Catcher's: NOCSAE ND024, ND24

## Ice and Snow Sports

	Recommended Helmet	Face Shield?	Certification
ICE HOCKEY	ICE HOCKEY HELMET	YES	CSA with compatible CSA-approved face shield
SKIING, SNOWBOARDING	SKI OR SNOWBOARD HELMET		CSA Z263.1-2008, ASTM F2040, CEN 1077, Snell RS-98 or S-98
ICE SKATING, SLEDDING	ICE HOCKEY HELMET	YES	CSA

- **Cycling** - Wear a certified cycling helmet. Remember to replace your helmet if you have been in a crash, it is not designed to protect you a second time.
- **Skateboarding, In-line skating and Scooters** - Because falls are common in these activities, helmets for skateboarding, in-line skating and scooters should cover the back of the head to better protect against backward falls and withstand multiple impacts. A skateboard or in-line skating helmet should not be used for bicycle riding unless specified on the label. No specific standards have been set for scooter helmets.
- **Multi-sport helmets** - Some helmets are marketed as "multi-sport" meaning they meet safety standards for more than one activity (such as skateboarding and in-line skating). Be sure the helmet you buy has been tested for the activities you will be using it for.
- **Field Sports** - Team field sports, such as football, baseball/softball and lacrosse, have helmets specific to the kinds of hazards each sport presents. Football and lacrosse require face protectors on helmets because of the level of contact between players and equipment.
- **Hockey** - These multiple impact helmets are intended to protect your head from impacts due to falls on ice and collisions with the boards. Hockey helmets are also recommended for ice skating and tobogganing.
- **Skiing and snowboarding** - Ski helmets can be single- or multiple-impact helmets (check the manufacturer's label) and cover more of the back of the head than a bicycle helmet.
- **Ice skating and Sledding/ Tobogganing** - While specific ice skating and sledding helmets have not been developed, ice hockey helmets (skating and sledding) and ski helmets (sledding) are an option because they are designed to protect the head in all directions in icy conditions.

**\*WEAR AND USE HELMETS AS RECOMMENDED BY MANUFACTURER. HELMETS CANNOT PREVENT ALL HEAD INJURIES IN ALL SPORTS.**

Visit [thinkfirst.ca](http://thinkfirst.ca) to download this resource or for more information on Sport Smart programs, head injury prevention, and concussion awareness. This information card has been distributed through a grant from Aviva Canada.

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