



Choosing the Correct Helmet Size

Helmet fit is critical to helmet protective performance. The correct helmet size can only be checked and confirmed by physically fitting the helmet to the user. Always try the helmet on in a store, before purchasing it, to be sure you are purchasing the correct sized helmet for you.

Head Measurement Instructions

Wrap a flexible tape measure around your head approximately one inch above the eyebrows and ears. Use this measurement (in either inches or centimeters) to find your helmet size in the chart to the right.

Helmet Sizing Information

To achieve proper helmet fitment, begin by finding your head circumference size using the method described. Remember that the helmet size you choose should fit around the crown of your head comfortably with no pressure points. The cheekpads should fit firmly around your face. Once your chin strap is fastened, grab the chin bar of the helmet and move it side to side. Your cheeks should move with the helmet, which should not slide across your face. Different thickness cheekpads can be purchased to obtain the best fit.

Z1R Helmet Size Chart

	Inches	Centimeters
2XS	22 1/8 - 20 1/2	51 - 52
XS	20 7/8 - 21 1/4	53 - 54
S	21 5/8 - 22	55 - 56
M	22 1/2 - 22 3/4	57 - 58
L	23 1/8 - 23 5/8	59 - 60
XL	24 - 24 1/2	61 - 62
2XL	24 3/4 - 25 1/4	62 - 64
3XL	25 1/2 - 26	64 - 65
4XL	26 1/4 - 26 3/4	66 - 67

Z1R Youth Helmet Size Chart

	Inches	Centimeters
S	18 1/2 - 18 7/8	47 - 48
M	19 1/4 - 19 3/4	49 - 50
L	20 - 20 1/2	51 - 52

Z1R Child Helmet Size Chart

	Inches	Centimeters
S/M	18 7/8 - 19 3/4	49 - 50
L/XL	19 7/8 - 20 1/4	50 - 51

Sizing information is provided by the manufacturer and does not guarantee a perfect fit. Please use this chart as a guide only.



Improper helmet fit could contribute to serious injury or death.