

How to Measure Your Head for a Helmet

Follow these steps to determine your helmet size. Ideally, have a helper assist you with taking the measurement.

Before you begin

You'll need a soft fabric measuring tape with centimeter increments. The centimeter measurement is important, as this small unit enables you to get the most accurate measurement of your head.

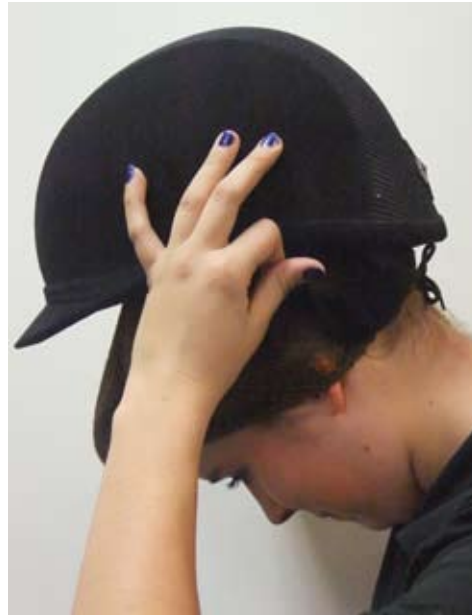
- 1 Place the tape measure snugly around your head at the widest point about one inch above your eyebrows. Make sure the tape goes over the bump at the back of your head and that it is just above the top of your ears.



Hold the measuring tape snugly and make sure it sits level.

- 2 Compare your head measurement to the manufacturer's sizing chart provided at the end of this article for the brand of helmet you would like. You can choose from a wide variety of helmets, from fun-colored schooling helmets to synthetic suede covered helmets and black velvet show helmets. If you plan on competing, your trainer can provide guidance in choosing the look that is most appropriate for your riding discipline.

Note: Some manufacturers use head circumference in centimeters for their sizing, some use hat sizes, and some use universal sizing in extra small, small, medium and large. Additionally, helmet sizes vary between manufacturers.



Put the helmet on starting at the back of the helmet and working to the forehead; settle the helmet so it is level on your head.

- 3 Place the helmet level on your head. Be sure to try on helmets with your hair in the same style in which you ride. If you have long or thick hair that you wear under your helmet, you may need to increase your helmet size slightly.

Note: Attempt to make your hair as flat to your head as possible when wearing your helmet; many people prefer to use two hair nets to obtain a sufficiently flat, snug fit. The first hair net is tied into the ponytail, and the second hair net holds the ponytail flat to the head. For illustrated how-to details, see the topic, "Helpful Tip for Hairstyling."

- 4 Check the helmet shape. Some helmets suit round heads and some suit oval heads; you may have to experiment with different brands to find the most suitable helmet. There are various ways to determine whether a helmet is the wrong shape for your head, but here are some examples.

If the helmet squeezes your forehead but rocks easily sideways, it is too round for your head. If the helmet fits the sides comfortably but rocks front to back, it is too oval for your head.

More About Helmets

Head trauma is the leading cause of fatal horseback riding accidents; it is imperative that your helmet fit properly. Our helmet fitting instructions are simply guidelines. Same-sized helmet models within a product line, and same-sized helmets from differing manufacturers, may fit you differently depending on the shape of your head and the shape of the interior of the helmet.

Dover Saddlery highly recommends that you adhere to the guidelines provided in the topic, "Helmet Storage and Use." Additionally, if your well-fitting helmet becomes loose over time for any reason, it should be replaced with a helmet that fits properly.

Tip: Save your sales receipt and any product and warranty information that accompanies your new helmet. Some helmet manufacturers provide a cost reduction for crash helmet replacements based on the age of the helmet at the time of the incident. Having your original documentation on hand can streamline the process of replacing a crash helmet.



Oval-shaped head

Round-shaped head

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5 Check the overall fit. A correctly sized helmet sits down snugly on your head and covers your entire skull with equal pressure all around. No gap exists between your helmet and your head; even pressure with the lining allows the helmet to absorb force in an accident.

If you feel the helmet wants to rise or pop upward from your head, then it is too small. If the helmet is loose all around your head and sitting low on the eyebrows, it is too large.



Helmet too small, popping up



Helmet too big, sitting too low

Try to wiggle the helmet up and down. The skin on your forehead and your eyebrows should move with the helmet. If the helmet slides freely and your skin doesn't move, then it is too large for your head. Shake your head from side to side and up and down. The helmet should not pivot on your head. If it does, then the helmet is too large.

While a slightly large helmet may feel very comfortable initially, if you select one that does not fit snugly when it is new, it will become too large over time as the lining breaks in. A large helmet will shift during riding and could become a distraction, and it will not protect you well during a fall.

If you are trying on an adjustable helmet and the fit is very close to being correct, you might tighten it through the use of slides, dials, changeable padding or ties, and repeat these tests. Otherwise, try another size, style or brand of helmet.

6 Check the brim. The front brim should not sit more than two fingers' width above your eyebrows. It should not sit any lower than 1/2" above your eyebrows or it could block your vision. If the brim does not sit correctly, try a different helmet that is either deeper or shallower.

7 Adjust the chin strap when you're sure the helmet stays in place without the harness. It should fit snugly under your chin such that it will hold the helmet in place, but not so tightly as to cause discomfort against your throat such that you can't swallow or you feel you might choke. Some helmets have sliding clips that allow you to adjust the harness for comfort around the ears.

When you find your perfect helmet, you'll discover an added benefit—it will flatter the shape of your face.



A well-fitting helmet

Consider a Helmet Cover for Your New Helmet

Helmet covers are a fun, inexpensive and practical accessory for any new helmet!

Disguise a bright-colored schooling helmet with a conservative velvet hat cover in blue or black to make it appropriate for a show.



Alternatively, top your show helmet with a cover to protect it from dust during your daily riding routine. You'll find them in solid colors or with patterns.



Change up your look for fun with the popular patterns of Ovation Zocks—the helmet cover patterns coordinate perfectly with the socks!



Put your stable, team or club on display with a custom made helmet cover.



And remember to get a waterproof hat cover to have on hand for rainy days.



Related Topics

[Helmet Storage and Use](#)

[Helpful Tip for Hairstyling](#)

[Hairstyles for Competition](#)

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Visit DoverSaddlery.com for a complete store listing and full product offering.

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GPA	
Head Circumference (centimeters)	Helmet Size
53	6 ½
54	6 ⅝
55	6 ¾
56	6 ⅞
57	7
58	7 ⅛
59	7 ¼
60	7 ⅜
61	7 ½
62	7 ⅝

IRH	
Head Circumference (inches)	Helmet Size
20	6 ½
20 ½	6 ⅝
21	6 ¾
21 ½	6 ⅞
22	7
22 ½	7 ⅛
23	7 ¼
23 ½	7 ⅜
24	7 ½

CHARLES OWEN		
Head Circumference (cm)	Helmet Size	Skull Cap Size
49	6	000
50	6 ⅛	000 ½
51	6 ¼	00
52	6 ⅜	00 ½
53	6 ½	0
54	6 ⅝	0 ½
55	6 ¾	1
56	6 ⅞	1 ½
57	7	2
58	7 ⅛	2 ½
59	7 ¼	3
60	7 ⅜	3 ½
61	7 ½	4
62	7 ⅝	4 ½
63	7 ¾	5
64	7 ⅞	5 ½
65	8	6

AEGIS			
Helmet Model	Head Circumference (inches)	Helmet Size	Hat Size Conversion
Junior Pony	19 to 21 ¼	XS	6 to 6 ¾
Useppa	20 ¼ to 21 ⅞	S/M	6 ½ to 7
	21 ⅞ to 23 ½	L/XL	7 to 7 ½

SAMSHIELD	
Head Circumference (cm)	Head Circumference (in)
52	6 ½
53	6 ⅝
54	6 ¾
55 small	6 ⅞ small
55 medium	6 ⅞ medium
56	7
57	7 ⅛
58	7 ¼
59	7 ⅜
60	7 ½
61	7 ⅝
62	7 ¾

TROXEL		
Head Circumference (in)	Head Circumference (cm)	Helmet Size
20	51	6 ½
20 ½	52	6 ⅝
21	53.5	6 ¾
21 ½	54/55	6 ⅞
22	56	7
22 ½	57	7 ⅛
23	58.5	7 ¼
23 ½	60	7 ⅜
24	61	7 ½
24 ½	62	7 ⅝
25	63.5	7 ¾

Curious?

Have you ever wondered how hat sizes are determined? Hat sizes are calculated by dividing head circumference in inches by the value of pi, which is known to be the ratio of the circumference of a circle to its diameter, and which is said to have a value of 3.14. For example, a head circumference of 22 inches divided by 3.14 equals 7.00—or a size 7 hat.

