



# SIZING GUIDE



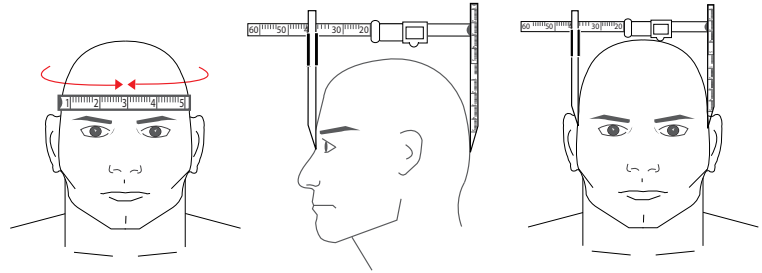
## USING A TAPE MEASURE AND CALIPERS:

### 1. Circumference:

Using a measuring tape, measure maximum head circumference approximately 12 mm above the eyebrows and ears.

### 2. Length:

Using calipers or two pencils, measure maximum head length. If using two pencils instead of calipers, hold one between eyebrows and one at the back of the head and measure head length.



### 3. Width:

Using calipers, measure maximum head width above the ears. If using two pencils instead of calipers, hold them at either side of head above the ears and measure head width.

4. Compare head circumference, length and width measurements to the table below to determine helmet size. If sizing guide suggests more than one size, choose the larger size.



## (ACH SHAPED) SIZING GUIDE - 3/4" IMPACT PADS

	CIRCUMFERENCE	LENGTH	WIDTH
<b>SMALL</b>	Up to 540mm / 21¼ inches	Up to 182mm / 7¼ inches	Up to 145mm / 5¾ inches
<b>MEDIUM</b>	540 - 572mm / 21¼ - 22½ inches	180 - 195mm / 7 - 7¾ inches	140 - 155mm / 5½ - 6 inches
<b>LARGE</b>	560 - 590mm / 22 - 23¼ inches	185 - 205mm / 7¼ - 8 inches	145 - 160mm / 5¾ - 6¼ inches
<b>X-LARGE</b>	572 - 615mm / 22½ - 24¼ inches	197 - 212mm / 7¾ - 8¼ inches	150 - 170mm / 6 - 6¾ inches

## (ACH SHAPED) SIZING GUIDE - MODULAR SUSPENSION SYSTEM

	CIRCUMFERENCE	LENGTH	WIDTH
<b>SMALL</b>	Up to 505mm / 20 inches	Up to 180mm / 7 inches	Up to 145mm / 5¾ inches
<b>MEDIUM</b>	525 - 555mm / 20¾ - 21¾ inches	175 - 190mm / 7 - 7½ inches	135 - 155mm / 5¼ - 6 inches
<b>LARGE</b>	550 - 590mm / 21¾ - 23¼ inches	185 - 200mm / 7¼ - 7¾ inches	142 - 160mm / 5½ - 6¼ inches
<b>X-LARGE</b>	570 - 600mm / 22½ - 23½ inches	200 - 215mm / 7¾ - 8½ inches	157 - 174mm / 6¼ - 6¾ inches



## SIZING GUIDE - MODULAR SUSPENSION SYSTEM

	CIRCUMFERENCE	LENGTH	WIDTH
<b>SMALL</b>	Up to 540mm / 21¼ inches	170 - 190mm / 6¾ - 7½ inches	130 - 155mm / 5 - 6 inches
<b>MEDIUM</b>	540 - 570mm / 21¼ - 22½ inches	180 - 200mm / 7 - 7¾ inches	140 - 165mm / 5½ - 6½ inches
<b>LARGE</b>	570 - 600mm / 22½ - 23½ inches	190 - 210mm / 7½ - 8¼ inches	150 - 175mm / 6 - 7 inches
<b>X-LARGE</b>	600 - 640mm / 23½ - 25¼ inches	200 - 220mm / 7¾ - 8¾ inches	160 - 185mm / 6¼ - 7¼ inches

