

WHICH HELMET FOR WHICH ACTIVITY?

WHEELED ACTIVITY	Bicycling, Non-electric Scootering	In-Line Skating	BMX Cycling	Skateboarding	Roller Skating
HELMET	Bicycle	Bicycle, in-line skating or skateboard	BMX or Off Road with facial protection	Skateboarding	Bicycle or In-Line Skating
STANDARDS*	CSPC, Snell B-90, B-95, N-94, ASTM F1447, F1898	<i>Recreational:</i> CPSC, Snell B-95, N-94, ASTM F1447 <i>Aggressive/Trick:</i> ASTM F1492	ASTM F2032	Snell N-94, ASTM F1492, CE EN 1078	<i>Recreational:</i> CPSC, Snell B-95, N-94, CE EN 1078 <i>Trick skating:</i> ASTM F1492
IMPACT TYPE	Single	Mostly Single	Single	Single/Multiple	Single

WINTER SPORT	Skiing	Snowboarding	Sledding/Tobogganing	Hockey	Skating
HELMET	Ski/Snowboard	Ski/Snowboard	Ski/Snowboard or Hockey	Hockey with compatible face protector	Hockey
STANDARDS*	ASTM F2040, Snell RS-98, S-98, CE EN 1077	ASTM F2040, Snell RS-98, S-98, CE EN 1077	ASTM F2040, Snell RS-98, S-98, CSA Z262.1	<i>Hockey:</i> CSA Z262.1 <i>Face protector:</i> CSA Z262.2	CSA Z262.1
IMPACT TYPE	Mostly Single	Mostly Single	Single/Multiple	Multiple	Multiple

*National standards – provinces/territories may have additional standards.

Always wear and use helmets as recommended by the manufacturer. Parachute encourages you to refer to the manufacturer guidelines and manuals. Helmets cannot prevent all head injuries in sport and are not proven to prevent concussions.

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FIELD SPORT	Football	Lacrosse	Baseball, Softball, T-Ball
HELMET	Football	Hockey with compatible face protector	Baseball batter or catcher Fielder headgear also available
STANDARDS*	NOCSAE ND002	Hockey: CSA Z262.1 Face protector: CSA Z262.2	Batter: NOCSAE ND022 Catcher: NOCSAE ND024 Fielder: NOCSAE ND029
IMPACT TYPE	Multiple	Multiple	Single/Multiple

**National standards – provinces/territories may have additional standards.*

SINGLE VS. MULTI-USE AND SINGLE VS. MULTIPLE IMPACT HELMETS

Sometimes helmets are described as either “single” or “multiple” impact. This can be confusing, since we also hear about “single” or “multi-use” helmets. These terms mean different things.

Single USE helmets mean that the helmet is only certified for one activity. Baseball batting helmets are an example of a single use helmet. **Multi-USE** helmets are certified for more than one activity. The helmet certification sticker will tell you which activities your helmet is certified for.

Single IMPACT means that the helmet is designed to protect you against a single crash, after which you must replace the helmet. Bicycle and most ski/snowboard helmets are often single impact. **Multiple IMPACT** means the helmet can withstand multiple hits before losing its protectiveness. Hockey helmets are multiple impact helmets.



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