







## HELMET OFFER

FOR SCHOOLS, LOCAL AUTHORITIES & VOLUNTARY ORGANISATIONS IN CUMBRIA

*This scheme is run in partnership with Cumbria's Active Travel Team in Integrated Transport*

HELMETS £5.00 each (£14.99 RRP)	BOMBERS £6.20 each (£19.99 RRP)	54—58cms Quantity	58—61cms Quantity	TOTAL HELMETS @ £5.00 BOMBERS @ £6.20
PURPLE & SILVER				£
BLUE & SILVER				£
BLACK & SILVER				£
PINK & SILVER				£
TODDLER				£
BOMBER				£
Postage & Packing	P&P £2.00 each helmet for orders 9 or less		£2.00 each helmet	£
No P&P charge for bulk orders of 10 or more helmets			GRAND TOTAL	£

HELMETS FOR SCHOOLS WILL BE DELIVERED IN BULK. SCHOOLS CAN MAKE THIS ORDER ON BEHALF OF PARENTS. DELIVERY WILL BE WITHIN 28 DAYS OF BHIT RECEIVING YOUR ORDER. HELMETS ARE SUBJECT TO AVAILABILITY AND MAY DIFFER FROM THE IMAGES SHOWN. CONTACT BHIT FOR THE LATEST DESIGNS. **ENSURE PAYMENT IS ENCLOSED WITH ORDER.** PLEASE MAKE CHEQUES / POSTAL ORDERS PAYABLE TO: **The Bicycle Helmet Initiative Trust. DO NOT SEND CASH.**

POST YOUR COMPLETED ORDER FORM TO:

**The Bicycle Helmet Initiative Trust, 71 Milford Road, Reading, Berkshire, RG1 8LG.**

Your statutory rights are not affected.

PLEASE PRINT THIS ORDER FORM AND ENTER THE NUMBER OF HELMETS REQUIRED IN THE RELEVANT BOXES. TODDLER HELMETS ALSO AVAILABLE - PLEASE ENQUIRE.

Registered Charity No. 1069476

## Delivery Details

Contact Name	
School (if applicable)	
Address	
Town	
Post Code	
Phone Number	
Email	

## Q & As

How do I measure a child's head for a cycle helmet?	Wrap a tape measure around the child's head just above the eyebrows and read the measurement in centimetres.
How do I fit a child's helmet correctly?	Ensure the helmet is the correct size. It should fit snugly and be comfortable to wear. When the child shakes or nods their head the helmet should remain secure. The helmet rim should sit on the forehead, just above the eyebrows. The helmet should NOT be tilted back leaving the forehead exposed or tipped so far forward it covers the eyes and obstructs the child's ability to see. The straps must not be twisted and there should be no slack in them. Most helmet straps form a 'V' shape just under the ear lobe. Ensure the helmet does not affect the child's ability to hear. Listening is an important part of cycling safety. Always check the manufacturers' instructions on fitting advice
What else can I do to protect children whilst cycling?	Cycle training, wearing reflector strips/jacket, lights on the back and front of the bike, ensure their bike is roadworthy, be a role model, cycle as a family and don't let them listen to an iPod whilst cycling
Do children need to wear a helmet when they are cycling off-road for example in the park or the garden as well as on the road?	Yes! Accidents can happen anywhere at any time. Every time a child gets on a bike he/she should wear a helmet so it becomes the norm.
What should I do if a child falls off his/her bike and the helmet gets dented or scraped?	You must replace it.
Does a BMX-style of helmet offer as much protection as a traditional vented helmet?	Yes. BMX-style helmets have to meet the same safety standards as more traditional style helmets. If a child wants to wear a BMX style helmet and it fits that should be the one you buy.
Should adults wear helmets too?	Yes! Adults can have accidents too and you should be a role model for children. Your brain is just as important as a child's!