

## Selecting the Snowboard Helmet that is Right Fit for You

With the increasing number of persons who enjoy snowboarding has come a greater number of manufacturers of helmets. The helmets vary greatly in style and the level of protection that they offer. Knowing which of the many choices is right for you can be bewildering. Here's a few tips that will help cut down on the guesswork and help ensure that you choose the snowboard helmet that is right for you.

First, get out your measuring tape. The correct size helmet will be determined by the circumference of your head. Measure the area around your head, encircling your forehead and the cranial area. These measurements will help you to eliminate any types that do not offer a comfortable casing. Remember the fit should be snug but not hamper your ability to move your head from left to right with ease.

Further evaluate the size by trying on several different helmets. The idea is to make sure the helmet adequately covers the forehead without impairing your field of vision. You also want the straps on the helmet to be fastened without creating any undue pressure on your chin or cause you to feel even slightly choked. Anything that does not feel comfortable is not worth the investment.

At the same time, you want to be mindful of any gaps that leave a portion of your head or neck open to the elements or any possible dangers while snowboarding. Ideally, the back of the helmet will protect your neck, but will not rest on the back of your neck. This can cause rubbing during movement, which is not only distracting, but also can lead to burn marks on your neck.

The lining is meant to protect you. Helmets come with various thicknesses of lining. You do not want anything that leaves a lot of room when you are snowboarding. Try on the helmet, with the straps connected. If you sense there is movement or shifting when you shake your head back and forth, you know the lining is not the thickness you need. The fit should be snug while still remaining comfortable.

Lastly, put on your goggles while you are wearing the helmet. The reason for this is that the goggles should fit snugly on the helmet, with no room to shift out of line. A helmet that is too narrow to hold your goggles in place will not serve the purpose of helping the goggles to adequately protect your eyes.

Taking all these factors into consideration, you can find a snowboard helmet that will serve you well, and allow you to get maximum satisfaction out of your snowboarding experience.

Source: <http://www.articlecircle.com>

### About the Author

For vital information on all things concerned with snowboarding visit <http://www.snowboarding.wares-are.us/>