

# Appendix N

## Helmet Information

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Helmet requirements, Safety Standards Associations and/or certification standards, can be found on the specific activity/sport pages under Equipment.

### **RECOGNIZED SAFETY STANDARD ASSOCIATIONS FOR HELMETS**

The Ontario Physical Education Safety Guidelines recognizes the following safety standard associations in its guidelines:

- Canadian Standards Association (CSA)
- U.S. Consumer Product Safety Commission (CPSC)
- American Society of Testing and Materials (ASTM)
- National Operating Committee on Standards in Athletic Equipment (NOCSAE)
- Snell Memorial Foundation (Snell Standard)
- British Standards Institute (BSI)
- Standards Australia (SA)
- Common European Norm (CEN)
- Safety Equipment Institute (SEI)

### **ACTIVITIES FOR WHICH HELMETS HAVE BEEN DEVELOPED (FOR EXAMPLE, HOCKEY, FOOTBALL)**

Helmets designed for the type of hazards encountered in the activity will provide the optimal required protection for the activity.

Select a helmet that meets the protection standards (certification) for the specific activity/sport as determined by a recognized safety standards association.

## **ACTIVITIES FOR WHICH HELMETS HAVE NOT BEEN DEVELOPED (FOR EXAMPLE, ICE SKATING, TOBOGGANING/SLEDDING)**

The Ontario Physical Education Safety Guidelines lists on its activity pages the types of helmets that offer the best protection against ice skating/tobogganing injuries as recommended by the following safety organizations: Parachute, Canada Safety Council, and the Ontario School Board Insurance Exchange.

## **MULTI-PURPOSE HELMETS (FOR EXAMPLE, CYCLING, SKATEBOARDING AND IN LINE SKATING)**

Some helmets are marketed as ‘multi sport’ meaning they meet the safety standard for more than one activity.

For a multi-purpose helmet to be used for an activity/sport, the helmet must have an identification of a safety standard certification (for example, sticker/identification on the package or on the helmet) from a recognized safety standards association indicating that it meets the required safety standards for those activities the helmet will be used for.

## **SELECT A SUITABLE HELMET FOR THE ACTIVITY**

Reference the specific activity page in the Ontario Physical Education Safety Guidelines

Consult the sport governing body of the activity.

Consult a reputable provider (retailer) of the equipment for information on the most suitable helmet.

Consult Parachute at [www.parachutecanada.org](http://www.parachutecanada.org)

## **CERTIFICATION STICKER LOCATION**

To be sure that the helmet meets the safety standard (certification) for your activity/sport. Most helmets that meet a standard will contain a special label that indicates compliance usually found on the liner inside of the helmet.

## **CANADIAN STANDARD ASSOCIATION STANDARDS**

Where a Canadian Standard Association (CSA) standard becomes available for an activity helmet, the CSA approved helmet is to be the choice for use.