

GIRO HELMET Sizing Guide



ADULT SUPER FIT™

Small	51 - 55cm
Medium	55 - 59cm
Large	59 - 63cm
Extra Large (Select Models)	61 - 65cm

ADULT UNIVERSAL

Women	50 - 57cm
Adult Unisex	54 - 61cm
Extra Large	58 - 65cm

YOUTH

Extra Small (Scamp™ Model)	45 - 49cm
Small (Scamp™ Model)	49 - 53cm
Extra Small (Dime™ Model)	47 - 51cm
Small (Dime™ Model)	51 - 55cm
Universal Youth (Ages 5+)	50 - 57cm

HOW TO MEASURE YOUR SIZE

Wrap a measuring tape around your head, keeping the tape level from front to back. Note the measurement and use the size chart as a guide. If you are not sure about the measurement, ask your retailer for assistance.

HOW TO ADJUST THE FIT

Proper fit is essential, so always try helmets on prior to purchase. If the helmet is not comfortable and stable on your head, or you are unsure about the helmet's fit, ask for your retailer for assistance.

Step 1: Adjust the fit system at the rear of the helmet for a snug, secure fit. Some helmets also include a vertical tuning feature that allows you to adjust the fore/aft tilt, for optimal positioning on your head.

Step 2: Adjust the straps so that they sit just below the earlobes.

Step 3: Adjust the buckle so that it rests against the back of the jaw/throat.

Step 4: Adjust the interior pads if needed.

Step 5: Check the fit to make sure helmet is comfortable and secure. It should not roll forward or back, or be able to slide off.

