

# Valley Regional Fire Authority Bike Helmet Size Guide



HOW TO MEASURE: Measure your head circumference by wrapping a flexible tape measure around the largest portion of your head—about one inch above your eyebrows.

SIZE	HEAD MEASUREMENT (CM)
TODDLER	46-52 cm
SMALL	52-57 cm
MEDIUM	54-58 cm
LARGE	58-62 cm
EXTRA LARGE	59-63 cm

The VRFA sells custom-fit bike helmets for a reduced cost **for VRFA residents only**. Inventory is limited. Please call ahead for our available sizes: 253-288-5800