

# Helmet Mix and Match

## THE SWINGING BRIDGE Active & Healthy Living



### The Adventure:

Helmets are important safety equipment that can help prevent many injuries, including concussions. As Scouts, our motto is Be Prepared. This motto helps us set off on our adventures feeling we will be successful and safe! Safety gear is important, and having the right gear for the right activity is key.

Think of all the amazing adventures you can have through Scouting. Many of these great Scouting experiences—like rock climbing, cycling and whitewater paddling—require helmets. On the chart, match the right helmet to the right activity.

### Online Resources:

- Helmets
- Helmet Safety
- Helmet fitting by Parachute—2V1



### Plan:

- Where will you do this activity?
- How can you match the right helmet to the right activity?

### Do:

- In Lairs, chat about the use of different helmets.
- Match the right helmet to the right activity.

### Review:

- What do you know now that you did not know before?
- How many of these helmets have you tried on?
- Why is it important to wear helmets for some activities?
- When should you wear a helmet?
- What is the proper way to wear a helmet?

### Safety Note:

- When do you need to wear a helmet?
- How should a helmet be worn?