MOTORCYCLING NEW ZEALAND INC.
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MNZ Helmet Guide for Riders

Important – replace a helmet after an impact
A helmet is a single-impact safety device. If it has protected you in a crash, the internal impact-absorbing liner may have compressed even where the outside looks undamaged.
The helmet must be replaced. It cannot be assumed to provide the same protection a second time.
A significant impact may include a crash, a fall from height, or another incident that may have damaged the helmet. If there is any doubt do not use it.

Rider Responsibility
It is the rider's responsibility to present and use a helmet that complies with the current MNZ Manual of Motorcycle Sport (MoMS), fits correctly, is in sound condition, and is suitable for competition.
•Do not use the helmet if it has sustained an impact or may have hidden damage
• Use only the helmet that has been inspected. A different or replacement helmet must be inspected before it is used.

Helmet Care and Safety Requirements
• The helmet must be in good condition and have fully functioning straps and buckles.
• Helmets manufactured more than 10 years before the date of an event may not be used. Where no manufacture date is visible, the rider must provide evidence that the helmet is less than 10 years old.
• MNZ strongly recommends replacing a helmet within 3 years, particularly where it is used regularly in competition. This is a recommendation and does not replace the maximum age rule in the MoMS.
• Do not repaint a helmet where paint may affect the shell material.
• Do not drill, screw into, repair, tape over damage, or otherwise modify the helmet except in accordance with the manufacturer's instructions and the MoMS.
• Keep the helmet away from solvents, fuel and harsh chemicals. Clean it only in accordance with the manufacturer's instructions, using mild soap and water where appropriate.
• Do not use stickers or wrapping to conceal damage or prevent inspection. Remove old inspection stickers where practical and present the helmet clean.
• Avoid prolonged direct sunlight and excessive heat. Store the helmet in a clean, dry place.
• If the helmet has been dropped, crashed, abused, or subjected to a significant impact, replace it or obtain advice from the manufacturer or another appropriately qualified person before further use.

Cameras, Mounts and Other Accessories
Helmets used at MNZ events must not have cameras, camera mounts, communication devices, brackets, adhesive mounts or any other accessory attached.
Riders must not drill, cut modify, or otherwise alter a helmet to fit an accessory.

Choosing the Correct Helmet Fit
The rider is responsible for ensuring the helmet is the correct size, properly fitted and adjusted, and securely fastened. An official may ask the rider to demonstrate that the helmet fits correctly.
• Select the manufacturer's size that matches the rider's head measurement and head shape.
• The helmet should fit snugly and evenly around the head, without painful pressure points.
• Cheek pads should make firm contact where fitted.
• With the chin strap fastened, the helmet should move with the rider's head and should not rotate, lift excessively, or roll off.
• The retention strap must be correctly routed, securely fastened, and adjusted in accordance with the manufacturer's instructions.

• Long hair and long facial hair must be secure so it does not obstruct vision, affect helmet fit or have the potential to become entangled with the motorcycle or equipment. Hair, including facial hair, should be kept inside the helmet where possible without compromising correct helmet fit.

Simple Fit Check

1. Fasten and correctly adjust the chin strap.
2. Move the helmet gently from side to side and up and down. The helmet should move with the head rather than move independently.
3. Try to roll the helmet forward and off the head. It should remain securely in position.
4. Check for excessive movement, gaps, painful pressure points, or a strap that cannot be secured correctly.

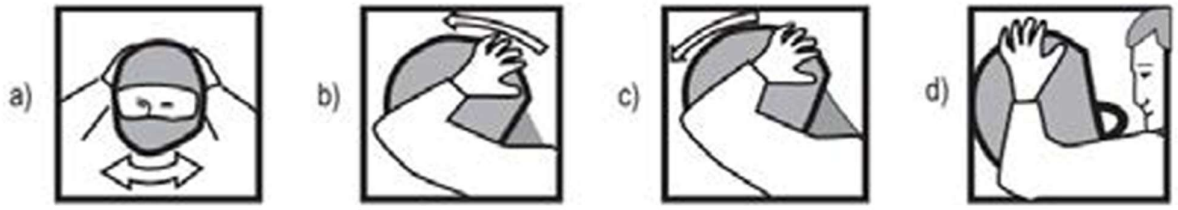
If the helmet moves excessively, rolls off, causes painful pressure, or cannot be secured correctly, do not use it. Seek professional fitting advice from a reputable motorcycle helmet retailer.

Fit for Junior Riders

Parents and guardians should not purchase a helmet for a junior rider to "grow into". The helmet must fit correctly at the time it is used. Recheck fit regularly as the rider grows and as the comfort padding settles with use.

Fitting Guide:

1. ***Start by measuring the size required at the crown of the head***
2. ***Put helmet on and connect the strap, then tighten as required***
3. ***Check there is no side to side movement***



4. ***With your head tilted forwards, try and pull the helmet off from the back***
5. ***Check you can see clearly over your shoulders***
6. ***Make sure you can breath easily in the helmet and that no part of the helmet covers your nose or mouth***
7. ***Never wind a scarf around the helmet so that it may obstruct air from entering your helmet***
8. ***Never have a scarf trapped under the strap***
9. ***Make sure you can open the visor with one gloved hand***
10. ***Satisfy yourself the back of your helmet is designed to protect your neck***
11. ***Always buy the best helmet you can afford.***

Pre-Event Rider Helmet Check

☐ Helmet carries an approved standard for the relevant discipline.
☐ Helmet is within the maximum age permitted by the MoMS and proof of age is available if required.
☐ No cracks, splits, repairs, drilled holes, unauthorised modifications, deep damage, or concealed areas.
☐ Shell, impact liner, comfort liner and visor or peak, where fitted, are secure and in serviceable condition.
☐ Straps, stitching, buckles and retention system operate correctly.
☐ Helmet fits correctly and remains secure with the strap fastened.
☐ Helmet has not sustained a significant impact since it was last inspected.
☐ Any fitted accessories comply with the MoMS and manufacturer's instructions.

What Officials Check
Officials undertake a basic visual and administrative inspection. The inspection may include checking:
• the approved helmet standard for the relevant discipline;
• the helmet's apparent age and any proof of age required;
• visible condition, deterioration, alteration or damage;
• the condition and operation of the straps and retention system;
• helmet fit and security; and
• where applicable, that the helmet matches the helmet recorded for the rider.

The inspection is not laboratory testing or technical certification.

If a Helmet Is Not Approved
A helmet may not be approved for use if it:
• does not meet the applicable MoMS standard or its compliance cannot be verified;
• is outside the maximum permitted age or its age cannot be established;
• is damaged, defective, degraded, repaired, or modified;
• has an unsafe or non-functioning strap, buckle or retention system;
• does not fit or cannot be secured correctly; or
• otherwise gives rise to an unresolved safety concern.

Previous acceptance at another event does not guarantee later acceptance. Helmet condition, fit and the applicable rules must be considered each time it is presented.
Changing Helmets During an Event
A different or replacement helmet must be presented for inspection before it is used on the track or course. Do not remove, exchange or conceal an inspection sticker, and do not use another rider's inspected helmet unless it has been inspected for your use and fits correctly.

Helmet Standards Approved by the MoMS
A helmet must meet at least one standard approved in the current MoMS for the relevant discipline. Standards and discipline requirements may change, so always check the current MoMS before an event.
Snell
• Approved standards listed in the current MoMS include SNELL M2015, SNELL M2020D and SNELL M2020R.
• The certification label is commonly located on or near the EPS liner beneath the comfort padding.
ECE
• Approved standards listed in the current MoMS include ECE 22-05 and ECE 22-06, subject to the helmet type permitted for the discipline.
• The approval label is normally sewn to the chin strap. Do not rely only on an external rear decal.
• P indicates a protective lower face cover. NP indicates a non-protective lower face cover. J indicates no lower face cover. Check the MoMS for the type allowed in your discipline.
Example ECE Code
Example: E9 051975/P0016
• E9 = country approval code
• 05 = regulation version
• 1975 = approval number
• P = protective lower face cover
• 0016 = production serial number
JIS (Japan)
• The current MoMS lists JIS T 8133:2015 as an approved standard.

AS/NZS 1698:2006
• This is the combined Australian/New Zealand standard listed in the current MoMS.
• The certification label is usually attached to the rear of the helmet and may be marked “DO NOT REMOVE”.

FIM Racing Homologated Helmet
• The current MoMS also lists FIM Racing Homologated Helmets. The label is typically attached to the chin strap.

WHEN IN DOUBT, DO NOT USE IT
If you are unsure about the helmet’s fit, age, compliance, condition, previous impact history, modification or exposure to chemicals, do not use it.
Replace the helmet or obtain advice from the manufacturer, a reputable motorcycle helmet retailer before competition.