

Brain Waves - Helmet fitting activity Video Transcript

The video opens with an intro card with the title: Parachute Brain Waves Helmet Fitting Activity.

We cut to an adult man and a young girl named Hailey standing against a blackboard in a classroom setting.

Man: Today we are going to learn about proper helmet fitting from Parachute Brainwaves using the 2V1 approach. A properly fitted helmet touches the front, back, top, and all sides of your head. (As he mentions each direction he touches the side of his head that corresponds) The goal is to achieve a fit that's comfortable, snug, level, and stable to resist violent shakes. Incorrect helmet fitting reduces the helmet's ability to protect the head and a crash.

Man: Let's demonstrate the 2V1 approach. I'm going to use Hailey to help me out here. Hailey, why don't you put your helmet on? (Hailey places a bike helmet on her head with the straps left undone) Great. What we're going to do is we're just going to move it down a little bit here. (The man moves the helmet down lower on Hailey's forehead)

Man: Do you want to just shift it a bit? Great. Let's demonstrate the 2V1 approach. We have two fingers above the eyebrows. Hailey, can you put two fingers above? (Hailey places two fingers horizontally across her forehead under the helmet) Wonderful. That's how high the helmet should be fitting on the forehead.

Man: Can you do the straps up for me? (Hailey attaches the helmet straps) Wonderful. Here's our V. V goes around the ears. (The man uses his fingers to make a v shape around Hailey's ear, showing that the helmet is sitting correctly) We have both straps covering the ear and this creates a V. We have that on both sides. Hailey, do you mind trying to put one finger under the actual strap? (Hailey places one finger between her chin and the helmet strap)

Man: Great. Are you able to fit a finger?

Hailey: Yeah, one finger.

Man: Is it comfortable?

Hailey: Yeah.

Man: You don't feel like it's choking you?

Hailey: Nope.

Man: Great. It's not too loose so she can't fit multiple fingers under her actual strap. This is a properly fitting helmet. A properly fitted helmet protects your head in a crash. If you notice any dents, cracks, or breaks, sorry, it's time to get a new helmet. Thanks for helping me out Hailey.

Man: High five. (The man and Hailey high five)

Words appear on the screen reading: For more information: [Parachute.ca/TrainForTheBrain](https://www.parachute.ca/train-for-the-brain)
The video ends with the Parachute and Canada Life logos.