

## HOW TO MEASURE

Have a tape at hand and follow our instructions to measure one parameter as suggested below:

Head circumference Measurements of the head should be taken using a flexible tape measure.



### Size Chart (CM)

	Head circumference	HELMET WEIGHT CE (G)	HELMET WEIGHT CPSC (G)	HELMET WEIGHT AS/NZS (G)
ARO3 S	(52-56cm)	251	275	275
M	(55-59cm)	269	295	295
L	(58-62cm)	271	313	313
ARO5 S	(52-56cm)	264	279	279
M	(55-59cm)	288	300	300
L	(58-62cm)	305	323	323
ARO7 M	(55-59cm)	/	410	410
L	(58-62cm)	/	435	481

### Size Chart (Inches)

	Head circumference	HELMET WEIGHT CE (G)	HELMET WEIGHT CPSC (G)	HELMET WEIGHT AS/NZS (G)
ARO3 S	20-22	251	275	275
M	22-23	269	295	295
L	23-24	271	313	313
ARO5 S	20-22	264	279	279
M	22-23	288	300	300
L	23-24	305	323	323
ARO7 M	22-23	/	410	410
L	23-24	/	435	481