

Bicycle Helmet, Hockey Helmet

What's the Difference?

Hockey and Bicycle helmets are forms of protective equipment for the head. Each is designed and tested to ensure the head is protected in a particular activity. As hockey and bicycling are very different activities, it is not surprising that the types of head injuries are also different.

The Canadian Standards Association (CSA) is involved with the development and testing of equipment standards, including those for both hockey and bicycling helmets. Regardless of the helmet type, the helmet must be properly sized to the individual in order for it to be effective. To ensure a hockey helmet will protect the head, many tests are done including the following: skate penetration, and tests of the ability of the helmet to withstand blows from pucks, sticks, and the boards (in head first collisions). In general, hockey helmets must be able to withstand a variety of repetitive impacts, from both large and small objects.

In contrast, bicycle helmets must be able to withstand a single blow from large objects, at relatively high speeds. Once involved in a collision, the helmet should be discarded. Bicycle helmets are put through tests such as the following: the ability of the outer shell to withstand scraping along pavement, as well as collision with cars, pavement and other such masses.

Keeping in mind the nature of these two activities and the different equipment standards, it is quite clear that hockey helmets are designed and tested to protect the head of the hockey player; sport-specific helmets should not be interchanged. For example, long openings along the top of the bicycle helmet can allow a skate blade or stick to penetrate through to the skull.

Your local sports retailer can provide you with specific information about hockey and bicycle helmet sizing, the different brands and the best one for you. Your hockey helmet should be CSA approved. Your bicycle should be ANSI Snell or CSA approved. Remember that safety is everyone's business, and it's up to you to protect yourself and your loved ones.

For more information, contact the Sport Medicine Council of Alberta.



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SNS - Sport Nutrition Specialists - Adapted from the Sport Nutrition Resource Manual (2nd Edition)



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	