

# ASN Canada FIA

## Comment on Karting Neck Collars

April 21, 2005

ASN Canada FIA's 2005 karting regulations made neck collars optional as opposed to mandatory. Since the publication of the regulations, there has been much comment on the neck collar issue, mostly centered on why we made the change.

ASN made this change because we could not find clinical evidence to support the common notion that the wearing of a neck collar prevents injuries to the neck or serves to help avoid injury to the collar bone.

Prior to making this change ASN consulted with a member of the FIA Institute for Motor Sport Safety and of the International Council of Motorsport Sciences.

ASN has observed helmets coming off during track incidents on several occasions, possibly as a result of compromised helmet fitting and chin strap tightness due to the wearing of a neck collar.

- The CIK-FIA does not require the wearing of neck collars.
- There are no CIK approved or homologated neck collars.
- Collars are not commonly used in Europe.
- British and Australian karting rules do not require the use of a neck collar.

ASN encourages all drivers to ensure that helmets are fitted correctly according to manufacturers' recommendations.

We ask that you review helmet fitting guidelines "Get Helmet Smart" and the Bell Helmet Fitting Guide for download, using the links below.

[Get Helmet Smart](#)

[Bell Helmet Fitting Guide](#)

### Bell Racing Sizing Instructions

#### Measurement



Proper helmet fit is a vital component to the performance of a helmet during an impact. In order for the helmet to perform properly during an impact, it must stay securely on the head.

Measuring the head is a starting point for the entire sizing procedure. Due to varying shapes, heads that are apparently the same size when measured by a tape may not necessarily fit the same size helmet.

A small metal tape measure, or a cloth tape may be used to make your initial measurement. Alternatively, a string can be used which can then be laid against a measuring tape.

The circumference of the head should be measured at a point approximately one inch above the eyebrows in front, and at a point in the back of the head that results in the largest possible measurement. Take several measurements, to make sure you have the largest one.

#### Bell Helmet Sizing Chart

| INCHES | SIZE  |                 | METRIC (cm) |
|--------|-------|-----------------|-------------|
| 21-1/4 | 6-3/4 |                 | 54          |
| 21-5/8 | 6-7/8 | <i>XX-Small</i> | 55          |
| 22     | 7     | <i>X-Small</i>  | 56          |
| 22-3/8 | 7-1/8 | <i>Small</i>    | 57          |

|        |       |                |    |
|--------|-------|----------------|----|
| 22-3/4 | 7-1/4 | <i>Medium</i>  | 58 |
| 23-1/8 | 7-3/8 |                | 59 |
| 23-1/2 | 7-1/2 | <i>Large</i>   | 60 |
| 23-7/8 | 7-5/8 |                | 61 |
| 24-1/4 | 7-3/4 | <i>X-Large</i> | 62 |
| 25-1/8 | 8     | <i>M3 Xtra</i> | 64 |
| 25-1/2 |       |                | 65 |
| 25-7/8 | 8-1/4 | <i>M3 Xtra</i> | 66 |
| 26-1/4 |       |                | 67 |
| 26-3/8 | 8 1/2 | <i>M3 Xtra</i> | 68 |

### Aria Helmet Sizing Chart

| Size   | XS               | SM           | ME               | LG               | XL               | XXL              |
|--|------------------|--------------|------------------|------------------|------------------|------------------|
| Head Circumference   | 20 3/4 - 21 1/8" | 21 5/8 - 22" | 22 3/8 - 22 3/4" | 23 1/8 - 23 1/2" | 23 7/8 - 24 3/8" | 24 3/4 - 25 1/8" |
| Hat size   | 6 1/2 - 6 3/4    | 6 7/8 - 7    | 7 1/8 - 7 1/4    | 7 3/8 - 7 1/2    | 7 5/8 - 7 3/4    | 7 7/8 - 8        |
| <b>Measure around the head, just above the eyebrows and around the back, getting the largest measurement possible.</b> |                  |              |                  |                  |                  |                  |

Correct helmet fit is critical. A helmet should be as snug as possible without giving you a headache.

You can start with your hat size but that is just the beginning. With the helmet on, chin strap undone and neck held rigid, twist the helmet left and right to check for excessive play.

Then, with the chin strap on, rock the helmet back then forward to see if it can roll off.

Finally, watch a half-hour TV show with the helmet on. If it feels snug during these tests but doesn't give you a headache, you have the right size.

### Simpson Helmet Sizing Chart

|             |    |          |    |       |       |       |       |       |       |   |               |
|-------------|----|----------|----|-------|-------|-------|-------|-------|-------|---|---------------|
| Inches      | 20 | 21       | 22 | 23    | 24    | 25    |       |       |       |   |               |
| Centimeters | 51 | 55       | 60 |       |       |       |       |       |       |   |               |
| Helmet Size |    | JR 6 7/8 | 7  | 7 1/8 | 7 1/4 | 7 3/8 | 7 1/2 | 7 5/8 | 7 3/4 | 8 | SPECIAL ORDER |