







# Chart - using riding helmets during hippotherapy

	<b>YES</b>	<b>NO</b>
<b>Certification</b>	<p>The helmet has to be light, meet European safety standards for safe use in the equestrian. ✓</p>	<p>Manufacturer doesn't have certification, standards and purpose helmets. The helmet is heavy. ✗</p>
<b>General rules</b>	<p>The client controls voluntary movement of the head, holding his head in space. Sufficient trunk stability in a sitting position. Recommended for children of any age if they have head and trunk control and on the market is an appropriate size of the helmet. ✓</p>	<p>Poor or no head control. Insufficient trunk stability. Position on horseback - supine and prone, across the horse's back. The size of the helmet does not fit the head. Psychological barrier. ✗</p>
<b>Type of helmets</b>	 ✓	 ✗
<b>Putting on helmet - straight (direct affect to stability and upright sitting position). A helmet has to protect forehead and occipital bone.</b>	 ✓ <p><b>Beware of winter hats</b> – it is necessary to wear special hats from light fabric to keep proper position helmet on the head.</p>	 ✗
<b>Chinstrap</b> must be tightened to copy chin. Straps below the ears are in the correct position to ensure good use of helmet.	 ✓	 ✗

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