

# ● Equestrian helmets and the BSI Kitemark™


## Helmet safety standards for equestrian riders

**Hobbies are something we can all enjoy, and horseback** riding is no exception. We understand your passion for riding, but keeping yourself safe is equally important. Your safety is our priority, which is why our certification mark can include all three standards needed for equestrian helmet safety.

Our trusted certification mark is in place for your peace of mind. We go above and beyond when it comes to making sure our Kitemark™ exceeds expectations and to protect you. Knowing your helmet meets safety standards is critical. With impact and lateral crushing being significant concerns for riders, would you be protected if you fall or are rolled on by your horse? When you choose a Kitemark™-certified helmet, you know you're trusting quality testing.

### What we test for:

- Shock absorption
- Penetration resistance
- Strength and effectiveness of the retention system
- Lateral deformation
- Harness retention
- Durability of quick release mechanisms
- Deflection of the peak



Testing to all of these is vital when it comes to safety and protection. When determining helmet safety and if a helmet will pass, each of the individual standards have its own criteria and tests that put emphasis on different helmets and various types of injuries. You may be wondering how these standards are created; let's talk about that.

### ● How are these standards created?

Technical committees, including manufacturers and technical experts, use its knowledge and information, such as injury statistics, to come up with standards that can show equestrian helmets provide the best possible protection for that scenario.

These standards all require certain performance requirements that can be tested and verified to meet or exceed a minimum value. While testing can't account for every type of impact a helmet can experience, these tests demonstrate that the overall helmet can lessen impact and penetration energy to reduce the risk of severe injury. If the helmet can slip or be pulled off easily, it won't be able to protect you.

These tests provide assurance that the helmet, when fitted and secured properly, will stay in place to provide the best protection you will hopefully never need.



# Helmet standards explained

The standards shown on your helmet label tell you which types of riding accident scenarios your helmet has been tested for. BSI can test and Kitemark™ to all three standards for your helmet.



### Certified by ASTM F1163 - 15

- 1.8 m** Flat impact
- 1.3 m** Spike impact
- 300 m** Max G Force allowed

### Kitemarked to VG1 01.040 2014 - 12

- 1.8 m** Flat impact
- 50 cm** Spike impact
- 630 N** Crush resistance
- 500 mm x 3kg** Penetration
- 250 m** Max G Force allowed



### Kitemarked to PAS015:2011

- 1.8 m** Flat impact
- 1.3 m** Hazard impact
- 75 cm** Spike impact
- 800 N** Crush resistance
- 750 mm x 3kg** Penetration
- 250 m** Max G force allowed

Key:



Spike



Hazard edge impact



Flat impact



Lateral impact

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# ● Certification marks and the standards



**Authentication is often mandated by regulators or industry associations.** Certification marks show that it's been put through third-party verification. Not all standards with certification marks test for all of these very important things. At BSI, we know how critical it is to test to all three standards...**so that's what we do.**

Three of the most used standards governing equestrian helmets are Product Approval Specification (PAS) 015:2011, Vertical Group (VG1) 01.040 2014-12, and American Society for Testing and Materials (ASTM) 1163-15.

Unlike standards for bicycle helmets, equestrian helmet standards are designed to offer head protection to a rider falling from a height. Our certification mark also protects against lateral crush and penetration crush, while ASTM 1163-15 doesn't. We chose to put three of the world's highest standards under our Kitemark™ certification. At BSI, the PAS 015 is something we developed for the market.

Since the original PAS 015 standard was launched in 1998, tests were improved further by the helmets being tested for superior protection from **30% greater heights, 20% stronger impact forces, and 27% greater crush resistance.**

Once Kitemarked to the standards, BSI checks one of every 200 helmets from a batch of 800 to 3,200 before issuing an approval label. If the helmets don't pass the standard, then the entire batch must be destroyed. Along with this, we go above the traditional yearly testing by conducting audit testing three times a year to ensure everything is in compliance.

Equestrian riders depend on helmet safety and it's imperative to have a trusted certification mark.

**Let's meet some of the riders who love the sport.**

# ● Meet the riders

## Cindy Screnci

Cindy Screnci has been riding and competing in the equestrian world for more than 40 years and she knows first-hand how vital wearing a helmet is.

Screnci has been involved in many of the disciplines, but is currently riding para-dressage after having several surgeries on her ankle, resulting from an injury while jumping her horse.

She's had to replace her helmets twice after hitting her head from falls involving impact while riding. She said that the most important thing she looks for when buying a helmet is crush and collision protection, with a fall or a kick to the head being the biggest threat.

"I know a lot of professionals that have fallen off the smallest jumps they've ever seen. A horse has its own brain. It has its own opinion," Screnci said.



## Samantha Shaffer

Samantha Shaffer has been riding horses since she was a child and now enjoys quiet rides with her 28-year-old horse.

Shaffer has had to replace her helmet due to an injury and knows it's imperative to know that once your helmet has been hit, it's time to replace it. Think of it as an airbag; if deployed, it has done its job, but it can't be used again.

Safety is of utmost importance for Shaffer and she said crush resistance and flat impact are most important to her. But, essentially all of them are important because "anything could happen when riding."

"It's one of the most dangerous sports," Shaffer said.

And, she's right. Over 80 percent of horse riding injuries are caused by riders falling off their horse and equestrian riding can be more dangerous than skiing or football.







**Having a proper fitting helmet is something Schaffer and Screnci both look for when wearing one**, because if a helmet doesn't fit properly, you aren't protected properly. But, not everyone has the same shape of head; that doesn't mean they shouldn't have a helmet without our certification mark and protection.

Enter our collaboration with The Cerebra Innovation Centre (CIC) who came to BSI for help. We helped to develop an equestrian helmet for a young man with autism who loves to ride horses. This helmet was designed to fit his distinctive head shape and the helmet was tested to the Kitemark™ scheme.

We want you to be confident when purchasing and wearing your equestrian helmet. For more than 100 years, our certification mark has been recognized as a symbol of outstanding quality, safety, and trust across a wide range of products and services.

● **Have trust and confidence in BSI, and your equestrian helmet.**

**bsi.**

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