

FAST Helmet Sizing Guide

The FAST Helmet Systems have been designed to fit the largest group of users in helmet sizes that most closely match their head. Follow the sizing guide to determine your helmet and chinstrap size. Be sure to pull the measuring tape tight against your head and face while measuring. Once a measurement is taken, refer to the corresponding guide to determine your size. If one guide recommends a different size than the other, choose the larger of the two sizes.

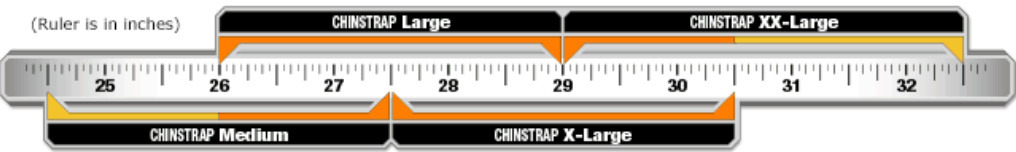
Helmet Sizing Guide

	M	L	XL	XXL
Head Circumference (cm)	53 - 56	56 - 59	59 - 62	62 - 64.5
Head Circumference (in)	20 7/8 -22	22 - 23 1/4	23 1/4 - 24 3/8	24 3/8 - 25 3/8
Head Size (US)	up to 7	up to 7 3/8	up to 7 5/8	up to 8 1/8
Size Distribution	17.5%	61.7%	18.0%	2.8%



Chinstrap Sizing Guide

	M	L	XL	XXL
Head & Face Circ. (cm)	62 - 70	66 - 74	70 - 77	74 - 83
Head & Face Circ. (in)	24.5 - 27.5	26 - 29	27.5 - 30.5	29 - 32.5



Please note our chinstrap sizing (illustrated here) has intentionally been designed to overlap so that it fits the largest group of users in our standard helmet sizes. For users who do not fit our standard sizing configurations, please contact Ops-Core Customer Service at +1 617-670-3547 or support@ops-core.com.