Policy I: Helmets

SECTION 1. HELMETS MANDATORY

Part 1. At all times when participating in or preparing for an event held under a USA Cycling permit, including club rides, motorcycle drivers and all motorcycle passengers shall wear a securely fastened helmet that meets the US DOT motorcycle helmet standard.

Part 2. At all times when participating in or preparing for an event held under a USA Cycling permit, including club rides, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets either the US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets. Helmets with the European CEN certification may be worn by riders only while participating in a race inscribed on the UCI calendar.

Riders shall show documentary proof of this, such as a manufacturer's label, upon request by event officials.

This provision does not apply to riders who are riding rollers or any other stationary device.

SECTION 2. RESPONSIBILITY WARRANTIES

The use of such helmets is strongly recommended for all bicycle riders. It is the rider's responsibility to select and wear such a helmet that offers sufficient protection against head injury and does not restrict the rider's vision. USA Cycling makes no warranties or representations regarding the protective adequacy or fitness for competition of any helmets and a rider, by entering an event conducted under USA Cycling or any member organization rules, agrees not to sue and to hold harmless USA Cycling from any and all claims arising from the use of any particular helmet.

SECTION 3. ADDITIONAL REQUIREMENTS

Associations may adopt additional, more stringent regulations regarding bicycle safety helmets, provided that such regulations may in no way supersede the requirements of this policy.