



**CALIFORNIA ASSOCIATION OF BICYCLING ORGANIZATIONS**  
HEADQUARTERS: P.O. BOX 2684 DUBLIN, CALIFORNIA 94568

CABO Position on

HELMET USE

Brain damage is a most debilitating injury. Even the most competent cyclist may be victimized by circumstances beyond his control. If the cyclist is not protected properly by wearing a helmet, the chance of head injury is increased. Bicyclists should wear helmets.

We believe that, in addition to individual protection, routine use of a helmet by bicyclists demonstrates to the non-cycling public that bicyclists are responsible people who take their vehicles seriously, whether it be for recreational or commuting transportation.

CABO recommends the use of a helmet meeting the requirements of nationally recognized standards organizations and that fits properly and fastens securely.

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