



Town of Vienna, Virginia Police Department Media Information Release

E-Bike Helmet Safety *Made in partnership with TREK*



Choosing the right helmet is an important part of safe e-bike riding. The Vienna Police Department developed this helmet safety information in partnership with Trek to help riders and families understand helmet types, fit, replacement guidance, and the importance of wearing a properly fitted helmet.

Helmets should be replaced every three to five years, even when there is no visible damage. Helmets have a limited service life, and protective materials can wear down over time. If a helmet shows signs of damage, it should be replaced immediately.

For Class 1 and Class 2 e-bikes, a CPSC-certified bicycle helmet is recommended. These helmets offer a good balance of comfort, ventilation, and daily protection. Riders should choose a snug fit with a secure chin strap.

For Class 3 e-bikes, a CPSC-certified bicycle helmet with added coverage is recommended. Because Class 3 e-bikes operate at higher assisted speeds, added rear and side coverage can provide additional protection. Riders should look for a secure fit and additional coverage around the back of the head.

Helmet requirements also depend on the rider and the type of e-bike. Riders under 14 years old must wear a helmet in the Town of Vienna. For Class 3 e-bikes, helmets are required for all riders and passengers under Virginia law.

A helmet should sit level on the rider's head and should not be tipped back. The front edge should sit about two fingers above the eyebrows. Side straps should form a "V" just below each ear. The chin strap should feel snug, with only one or two fingers fitting under the strap. After fastening the helmet, gently shake your head. The helmet should stay in place without rocking or sliding.

Parents and guardians should check that young riders are buckled up before every ride. Teens and adults should also wear a properly fitted helmet every ride, even when a helmet is not legally required. Additional helmet safety guidance includes replacing any helmet after a crash, replacing worn, cracked, or damaged helmets, avoiding used helmets when their history is unknown, and storing helmets away from excessive heat.

A good helmet should be level, snug, and buckled. Proper fit and regular inspection can make a meaningful difference when a crash occurs.

For Further Information please contact
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HELMET TYPES

2 OF 3

MATCH THE HELMET TO THE RIDE



Replace your helmet every 3 to 5 years, even if there is no visible damage. Helmets have a limited-service life and protective materials can wear down over time. If your helmet shows signs of damage, replace it immediately.



1. CLASS 1 E-BIKES

- **Recommended:**
CPSC-certified bicycle helmet
- **Best For:**
Everyday riding, commuting, and throttle-capable e-bike use
- **Why It Works:**
Good balance of comfort, ventilation, and daily protection
- **Fit Tip:**
Choose a snug fit with a secure chin strap



2. CLASS 2 E-BIKES

- **Recommended:**
CPSC-certified bicycle helmet
- **Best For:**
Everyday riding, commuting, and throttle-capable e-bike use
- **Why It Works:**
Good balance of comfort, ventilation, and daily protection
- **Fit Tip:**
Choose a snug fit with a secure chin strap



3. CLASS 3 E-BIKES

- **Recommended:**
CPSC-certified bicycle helmet with added coverage
- **Best For:**
Higher-speed riding and longer road or trail rides
- **Why It Works:**
More rear and side coverage is a smart choice for added protection
- **Fit Tip:**
Look for a secure fit and extra coverage around the back of the head



Helmet fit matters. Wear it **level, snug, and buckled.**

A MESSAGE FROM THE TOWN OF VIENNA POLICE DEPARTMENT

HELMET TIPS

HELMET GUIDANCE

- ✓ Riders under 14 must wear a helmet in the Town of Vienna.
- ✓ Teens and adults should wear one every ride, even when not legally required.
- ✓ Parents and guardians should check that young riders are buckled up before every ride.
- ✓ Class 3 riders should consider helmets with added coverage because of higher speeds.

HELMET FIT TIPS

- ✓ Wear the helmet level on your head, not tipped back.
- ✓ The front edge should sit about two fingers above the eyebrows.
- ✓ Side straps should form a "V" just below each ear.
- ✓ Buckle the chin strap so it feels snug, with only one to two fingers fitting under the strap.
- ✓ Shake your head gently. The helmet should stay in place without rocking or sliding.

WHAT A BIKE SHOP WOULD RECOMMEND

- ✓ Choose a CPSC-certified bicycle helmet for Class 1 and Class 2 riding.
- ✓ For Class 3 riding, more coverage is often a smart choice.
- ✓ Replace any helmet after a crash.
- ✓ Replace worn, cracked, or damaged helmets.
- ✓ Avoid used helmets if you do not know their history.
- ✓ Store helmets away from excessive heat.

A GOOD HELMET SHOULD BE LEVEL, SNUG, AND BUCKLED

A MESSAGE FROM THE TOWN OF VIENNA POLICE DEPARTMENT