

We're not against helmets

Some people feel more comfortable cycling with a helmet.

We're against claims that:

- portray cycling as far more dangerous than it is;
- portray bicycle helmets as offering far more protection than they do.



Cycling is a safe, fun and healthy activity whether you wear a helmet or not.



ECF Position on Helmets:

Cyclists typically live longer and healthier lives; serious head injuries are rare and the evidence in favour of helmet wearing and helmet laws is weak. The main effect of helmet laws has not been to improve cyclists' safety but to discourage cycling, undermining its health and other benefits.

We therefore call upon authorities to:

- focus on well-established measures to promote cycling and cyclists' well-being;
- recognise that the benefits of cycling far outweigh the risks;
- refrain from promoting or enforcing helmet wearing without sound evidence that this would be beneficial and cost-effective compared to other safety initiatives.

This brochure is the work of the ECF Helmet Working Group. Learn more about the group's work at www.ecf.com/3500_1 or by emailing Ceri Woolsgrove at c.woolsgrove@ecf.com.

Representatives of ECF member organizations are invited to join this group. Learn how your organization can become an ECF member at: www.ecf.com.

**Ask me
why I cycle
without a
helmet**

Curious?

Read this brochure and question helmet propaganda.

Want an easy way to help?

Wear a button and bring truth to the helmet discussion.

Want to help even more?

Take part in the European Cyclists' Federation (ECF) Helmet Working Group.



