



Bike Safety Tips for kids

Helmets

A helmet should be worn every time you ride a bike, scooter, skateboard or in-line skate. It is also important to wear the appropriate helmet when skiing or snowboarding. Use the following guidelines for purchasing and correctly wearing a helmet:

- The helmet should fit comfortably and not be able to move when you jerk your head from side to side.
- It should sit parallel to the ground, not tilted back, with about an inch (two fingers) between your eyebrows and the lower edge of the helmet.
- Make sure the helmet straps are always buckled. The straps should fit snugly, but not too tightly. The sliding clasp on each side of the head should be situated just below the ears. You should be able to put a finger under the closed strap against your neck.
- Getting the fit "just right" is a matter of trial and error, using the pads provided by the manufacturer and the strap adjustments. Try several helmets in the store; not all helmet styles will fit all heads equally well.

As a parent, you should set a good example by always wearing a helmet yourself. (Remember, actions speak louder than words!)

Plan a Bike Activity

1. Talk about bike safety rules! Everyone should always wear a bicycle helmet. Young riders should ride on sidewalks or safe areas only. Teens may ride in the street after they learn the rules of the road. In either case, make sure your children know what areas you permit them to ride their bikes.
2. Practice Makes Perfect Practice bike safety in your driveway by creating safety scenarios for your children. Set the scene by drawing a street and crosswalks with chalk. Create props for stop signs, motor vehicles and other "obstacles" your children might face while riding their bikes on a real street. Examples: Have your children practice stopping at stop signs and using hand signals when turning. Ask them to cross the "street." When crossing, make sure they walk, not ride, their bikes
3. Pick a Cool Destination and Plan Safe Routes Make sure to choose a safe area for bike riders, like parks or bike paths
4. HAVE FUN!!!!!!