

Reminders for Adults, Lessons to Teach Children

-  Always follow the safety rules and traffic laws.
-  Ride right. Bikes travel with traffic, not against it. Ride on the right-hand side of the road.
 - Bicycling on the street can be safe for older children, especially where there are bike lanes.
 - Children who are 10 years or older, and mature and skilled enough to make safe decisions, should be taught how to ride in bike lanes.
-  Children should only ride or skate in good weather and during the day. They should stay on sidewalks and paths – not roads – until age 10.
-  Use hand signals when turning.
-  Before you cross a street:
 - Use a crosswalk if you can.
 - Stop and look: LEFT, RIGHT, and LEFT AGAIN.
 - If a car or truck is coming, wait until they are gone before you start to cross.
-  Watch for uneven surfaces like potholes, cracks, rocks, railroad tracks and storm grates.



For more information, contact
Safe Kids Worldwide
202-662-0600
www.safekids.org

Bike and Wheeled Sports Safety



Proud Program Sponsor



Wear a Helmet, Every Ride

Get a helmet. Today, helmets cost less and are more comfortable. When worn, bicycle helmets cut the risk of severe brain damage by up to 88%.

Children should always wear the proper helmet for each wheeled sport.

- When biking, roller skating, inline skating or riding a scooter, a bike helmet should be worn.
- For skateboarding and longboarding, a skateboarding helmet is best.



Ways to Get Your Child to Wear a Helmet, Every Ride

- Make it a habit from the first time your child rides a tricycle, bike or roller skates. Be sure he or she wears a helmet every time.
- Enforce the simple rule: “No helmet, No wheels.”
- Explain that riding on wheels can be fun but dangerous, too, and wearing a helmet can keep children from badly hurting their head.
- Let your child pick out the helmet so it is more likely to get worn.
- Wear one yourself. Remember: a child is more likely to wear a helmet when you do, too.



Before the Ride

Buy a bicycle that is the right size for your child — not one he or she will “grow into.” Bring him along to the bike shop for the right fit.

Place reflectors on the front, back and sides of the bike, skates or scooter.

Check often to be sure that:

- Reflectors are secure.
- Brakes work well.
- Gears shift smoothly.
- Tires are on tight and properly inflated.

Consider clothes with reflective materials to help drivers spot kids on wheels.

Use the Helmet Fit Test:



Eyes: Put the helmet on your child's head and have him/her look up. Your child should see the bottom rim of the helmet.



Ears: Make sure the straps form a ‘V’ under your child's ears when buckled. The straps should be a little tight but comfortable.



Mouth: Have your child open his/her mouth as wide as possible. Does the helmet hug his/her head? If not, tighten the straps.