

Tip for Parents for Teaching Bicycle Safety

HELMETS

- Bicycle helmets reduce the risk of serious head and brain injury by up to 88%.
- Require children always to wear a helmet while riding bicycles. Set a good example by wearing your helmet.
- A helmet should sit level on the head, not tipped forward or backward. Straps should come to a V under the ear lobe, and the chin strap should be snug. If needed, the helmet's sizing pads can help improve the fit.
- Replace a helmet if it has been in any kind of collision.

THE BICYCLE

- Make sure you buy a bike that fits your child. Oversized bikes are especially dangerous.
- Perform a quick check of the bike before riding to make sure it's safe: check that the tires have air, the brakes are working, the chain is oiled, and that any quick release levers are tightened.

ROAD RULES

Remind children to:

- use proper hand signals when turning and stopping,
- use a bicycle bell to alert pedestrians when passing,
- be visible by wearing light colors and, at night, using a headlight and taillight and wearing reflective clothing,
- always stop and check traffic before riding into or crossing the street, and
- obey all traffic signs and signals

