

Bike And Helmet Safety for Kids

RIDE SMART, STAY SAFE



Biking is fun, but safety comes first! Wear a helmet and follow these tips to keep your rides safe and enjoyable.

TOP SAFETY RULES

HOW TO WEAR A HELMET PROPERLY



Flat on Your Head – The helmet should sit level and cover your forehead.



Straps Form a "V" – The straps should make a "V" shape under your ears.



Snug Fit – The helmet should not move around when you shake your head.



Buckle Up! – Always fasten the chin strap securely.

Always Wear a Helmet!

A helmet protects your head and can prevent serious injuries. Make sure it fits snugly and is strapped properly.

Check Your Bike Before Riding

Always inspect your brakes, tires and chains before you ride to make sure everything is working properly.

Ride on the Right Side

Stay on the right side of the road and never ride against traffic. Use bike lanes when available, and stay off sidewalks in busy areas.

Follow the Rules of the Road

Follow traffic rules just like cars do, and obey traffic signs and signals.

Use Hand Signals

Let drivers and other riders know where you're going by using proper hand signals.

Be Seen and Heard

Wear bright clothes, use lights at night and always check for traffic before crossing streets.

Stick Together

Ride with friends or an adult for extra safety.

No Distractions!

Keep your eyes on the road. No texting, headphones or looking at devices while riding.

Stay Alert for Cars and Pedestrians

Watch out for cars pulling out of driveways and people crossing the street.

