



INJURY PREVENTION

*... begins
with you.*

saskatchewan
preventioninstitute
our goal is **healthy** children

Cycling is a great way to get around, be active, and have fun. While it is normal for children to fall when they are learning to ride a bike, the majority of serious bicycle-related injuries are preventable.

These are just a few tips to promote and encourage safe cycling for children.

- Ensure appropriate safety equipment is used, including a properly fitted helmet. Other safety equipment includes a properly fitted bicycle, a bell or horn, and reflectors.
- Educate children on safe cycling behaviours, like being aware of the environment and following the rules of the road. Children must learn to look both ways before entering a street, yield to oncoming traffic, ride in the same direction as traffic, and use hand signals.
- Cyclists who are learning to ride should stay off busy streets. Sidewalk riding is recommended for children who are not yet able to ride safely in traffic due to their age and/or ability.
- Remember that children are not just small adults. Children are developing physically and mentally and have many characteristics that make them vulnerable near traffic.

Visit <https://skprevention.ca/safety/bike-and-wheel-safety/> to learn more.