



Bicycle Safety

for

Children

and

Parents



Learning to ride a bike is fun!



We want you to be safe on your bike.

Remember to:

- 1** Always wear a bike helmet.
- 2** Keeping your bike in safe condition.
- 3** Follow the rules of the road.



Children are more vulnerable near traffic than adults and require a lot more guidance and supervision when riding a bike. Children's brains are still developing and therefore, children have limited ability in many skills, despite being taught correct safety practices required for bicycle safety, such as:

- **Ability to recognize danger**
- **Ability to be cautious, concentrate fully, and/or practice patience**
- **Ability to judge the speed and distance of oncoming traffic**

Children need to be taught the skills required for traveling safely in traffic as a cyclist.

Please use this resource to share bicycle safety tips with your child.



Wear a helmet every time you ride a bike!



Use the 2V1 Rule to make sure your helmet fits.



2

The front of your helmet should be 2 fingers above your eyebrows.



V

The side straps should form a "V" around your ear.



1

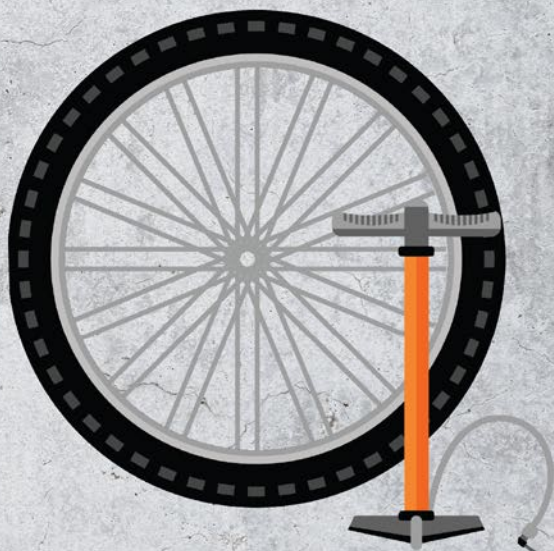
You should be able to fit only one finger between your chin and the chin strap.

Bicycle helmets decrease head injuries by up to 80%. It's important for children to wear a helmet every time they ride their bikes. Use the 2V1 Rule to make sure the helmet fits correctly.

- 2** Front of the helmet should be 2 fingers above the eyebrows.
 - V** Side straps should form a V around the ear.
 - 1** Only one finger should fit between the chin and the chin strap.
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- A helmet should fit squarely on top of the head with little movement in any direction when the chin strap is done up.
 - Check inside the helmet for a sticker that says the helmet meets the proper safety standards. (CPSC, CSA, ANSI, or Snell approval).
 - Replace any helmet that has been worn during a crash or fall, or has been damaged in any way.
 - Long hair should be tied back below the helmet to ensure the correct fit.
 - Ball caps or winter toques should not be worn under the helmet. Items worn under the helmet can affect the helmet fit.
 - Be sure to set a good example and protect yourself by wearing a helmet; too.



**Before you ride your bike,
an adult should make sure
your bike is working
properly. If you
think something
is broken, talk
to an adult. Do
not try to fix it
yourself
without help.**



To reduce the risk of injuries, make sure the bicycle your child is using is in good working condition. Bicycle inspections can be tricky if you don't know what you are looking for. If you are unsure about the condition of your child's bicycle, try and find someone who can help you make sure it is in safe working order.

It is important that the following are checked before your child rides:

- **Brakes:** make sure they are working.
- **Tires:** check the air pressure and make sure it is at the right pressure (psi) according to the number on the tire.
- **Seat:** make sure it is secure, not loose, and at the correct height. Child should be able to sit on the seat and reach the ground with one foot. A beginner may need to be able to put both feet on the ground.
- **Frame:** look for cracks or other damage.
- **Chain:** make sure guard is in place and chain is functioning smoothly.



Learn the rules of the road to stay safe.

- Stay alert and aware of what's around you.
- Use arm signals to show others where you are going.
- Ride your bike in the same direction as cars.
- Obey all road signs.



Children need to be taught the rules of the road before bicycling. Although the following are general rules, it is important that you check with your municipal government for local regulations about bicycling. Learn the following and share them with your children.

- Remind your child to watch for cars backing out of driveways.
- Ride single file on the right, in the same direction as traffic.
- When riding on the road, ride one metre away from parked cars. Where there are no parked cars, ride one metre away from the curb to be clearly seen by other traffic.
- Obey all traffic lights, signs, and lane markings.
- Always signal turns, stops, or lane changes.
- Always stop, listen, and look both ways before entering a street or crossing an intersection. Your child can walk their bike across a busy intersection using the crossway path.
- Never carry more people than the bike was designed for. One bike, one rider. Don't double.
- Keep both hands on handlebars, except when making a hand signal.
- Children should never ride a bicycle while wearing headphones. It is important to hear traffic.
- Be visible. Dress you child in bright clothing while biking.



Teaching your child how to ride a bike can be very rewarding. Start by having your child become comfortable on a bike with training wheels. Next, find a traffic-free area where your child can learn to ride safely. It is best if the location is large, flat, and smooth. Your child may start by practicing balancing and pedaling on a grassy area to soften a fall. Once your child has learned how to balance, empty tennis or basketball courts are great areas to practice biking.

Find an area away from any traffic so your child can practice the following skills:

- Riding in a 'figure-eight' pattern to practice balance.
- Riding between obstacles. Pop cans make good pylons!
- Shoulder checking while biking, then looking ahead. This should be done before and after your child signals.
- Riding fast and then bringing the bike to a controlled stop.

Have fun and make sure each family member wears a helmet on every ride!



Bikes on Sidewalks

As a parent of a young child, you may choose to have him or her ride the bike on the sidewalk.

Things to remember:

- Sidewalk cyclists must yield to pedestrians.
- Driveways pose a threat, as drivers may not see the child on the bicycle.
- Child must be taught how to safely enter the roadway from the sidewalk. He must dismount and walk the bicycle across the pedestrian crosswalk.



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