

# Bike and Wheeled Sports Safety



Bikes cause more childhood injuries than any other consumer product except cars.

- Always wear a helmet on every ride.
- Buy a bike that fits right. Check it often to make sure it's safe.
- Make sure drivers can see you.
- Learn and follow the rules of the road.

For more information, contact  
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**MetLife Foundation**

## 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 a helmet for all wheeled sports activities.
  - A bike helmet that fits well should be worn when roller skating, inline skating or riding a scooter.
  - 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 bike.” (or skateboard, or roller skates, or scooter.)
- Explain that riding on wheels can be fun but dangerous, too and wearing a helmet can keep him from badly hurting his head.
- Let your child pick out the helmet so he or she is more likely to wear it.
- Wear one yourself. Remember: a child is more likely to wear her 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.



- Take the helmet fit test:



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



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



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

## 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 while riding or skating (potholes, cracks, rocks, railroad tracks, storm grates).

