



Bike Safety for Your Child



As A Parent, What Can You Do?

Understand the Law:

- A bicycle is a vehicle under the Ontario Highway Traffic Act (HTA). This means that as a bicyclist, you have the same rights and responsibilities to obey all traffic laws as other road users, HTA(1).
- Traffic By-Law 37-83, Sec. 16(4) "No person shall ride a bicycle upon a sidewalk with a frame size in excess of 17 inches or a rim diameter in excess of 16 inches."
- In Ontario, it is the law that children under the age of 18 MUST wear an approved bicycle helmet while riding a bicycle on the road or sidewalk.
- "Parents or guardians shall not knowingly permit cyclist under sixteen to ride without a helmet" HTA 178(1).
- Children are required to wear an approved bicycle helmet when riding in a child carrier or a bicycle trailer.
- HTA 62(17) Other required equipment includes lights and reflectors, bell or horn HTA 75(5) and at least one braking system HTA 64(3).

Check Before Hand:

- Your child's helmet for proper fit (2,4,1)
- **2 finger width** between your eyebrows and the helmet.
- **4 side straps** should meet just below the ear making a V shape under the ear lobe.
- The chin strap should have **1 finger width** between the chin and the strap.
- **ABC quick check** on the bike (Air, Brakes and Chain; quick check of levers and overall loose parts) to ensure safety.



Make sure you feel confident of your child's bike safety skills before letting them ride on the road

Resources

Ministry of Transportation

- 1-800-268-4686
- www.mto.gov.on.ca

Think First Foundation

- www.thinkfirst.ca

Safe Kids Canada

- www.safekidscanada.ca

Kids Can-Bike Courses

- www.canbike.net

Brant County Health Unit

- 519-753-4937

What Should You Talk to Your Child/Teen About?

- Various safe crossing scenarios and road safety
- Have your child demonstrate verbally and practically before they are allowed to ride on the roadway:
- How they would merge out onto the roadway
- Knowledge of all hand signals and sign recognition
- Responses to bike accident prevention