



Bike Safety for Youth

"Bicycle helmets can reduce the risk of brain injury by up to 88%"
- www.safekidscanada.ca

Before Riding a Bike You Should:

1. Protect Your Head

- Wear a helmet every time you ride...it's the law!



Properly Fit Your Helmet (2,4,1):

2 fingers above your eyebrow,
4 fingers to form V straps around your ears,
1 finger under your chin.

2. Ride a Bike That Fits-

- A bike that is too big can't be controlled properly, and can be dangerous.



3. Check Your Bike

- ABC Check (air, brakes, chain).
- Ask an adult for help.

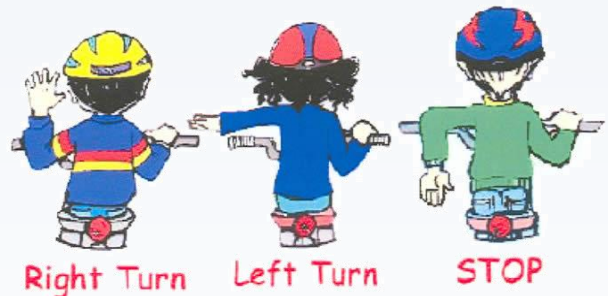
5. Learn the Rules of the Road

- Know your road signs.
- Use hand signals to let drivers know what you are going to do next.



6. Practice Your Bike Riding Skills

- Riding in a straight line
- Shoulder check
- Signaling
- Stopping and starting



Make sure you receive a parent or guardian's permission before you ride on the road

Resources:

Ministry of Transportation
• 1-800-268-4686
• www.mto.gov.on.ca

Think First Foundation
• www.thinkfirst.ca

Kids Can-Bike Courses
• www.canbike.net

Brant County Health Unit
• 519-753-4937

Safe Kids Canada
• www.safekidscanada.ca