

LET'S WALK & ROLL SAFELY!

Parents, HELP teach kids to RIDE SAFE!

Encouraging our kids to walk or roll (bike, wheelchair, scooter, skateboard, etc.) to school is a good move in the right direction. When they get out of the car and walk, bike or roll, they learn valuable lessons about independence, plus get a healthy dose of exercise and fresh air. Our neighborhoods benefit from fewer cars on the road and less congestion around school.

(1) Get Ready, Get Set...

Start in the right direction by showing them the way. Go on the route with your child. It's the best way to share the rules – not to mention a fun way to spend time together!

(2) Look for the Signs

Your child will need to recognize, remember and obey traffic signs, signals and pavement markings.

(3) Practice Safe Habits

Practice with your child by walking or rolling together. Repeated practice helps kids get better at it and you feel more comfortable with their skills.

(4) Iron Out the Best Route

Identify a safe route to and from school or the bus stop. The school may already have route maps with recommendations. If not, here are some considerations:

- Look for less busy roads and slower speeds.
- Choose crossing locations that have a clear view of traffic.
- Practice the route with your child until you are both comfortable.
- If no sidewalks, choose roads w/ shoulders where people walking can face oncoming traffic.

HOW TO FIT AND ADJUST YOUR CHILD'S BIKE HELMET

1 MEASURE YOUR CHILD'S HEAD

Use a soft tape measure to measure the circumference of the child's head about 1" above their eyebrows (or the thickest part of their head).

FIND A HELMET that includes your child's measurement in its size range.



2 POSITION THE HELMET ON YOUR CHILD'S HEAD

Place the helmet squarely on top of your child's head.

TWO FINGERS TEST The helmet should sit low on the head - about two finger widths above the child's eyebrows.



3 TIGHTEN FOR A SNUG FIT

Tighten the internal width of the helmet so it's snug, but not uncomfortable.

- Dial-adjust knob: Turn right to tighten.
- Pads: Swap the thick or thin pads to widen or loosen the inside.

SHAKE TEST

Have your child shake their head back and forth. The helmet should stay firmly in place.



4 MAKE A 'V' WITH THE SIDE STRAPS

ADJUST THE SLIDERS so that the straps come together to form a V at the base of the child's ear.

This keeps the helmet centered on the head.



5 ADJUST THE CHIN STRAP FOR LENGTH

Adjust the length of the strap so that it's loose enough to buckle it.

1 FINGER TEST But tight enough that you can fit just one finger between the chin and strap.

