

Bike and Wheeled Sports Safety



*Hey Kids!
I'm Scout. Did
you know...*



...that bikes cause more childhood injuries than any other play product, except cars? Here are some **quick tips**. And be sure to follow my **Safety Tips** on the other side!

- ✓ Before riding your bike, always tell your Mom or Dad.
- ✓ Before getting on your bike, put on your helmet, flat on your head, buckled snugly.
- ✓ When riding your bike always have an adult with you.
- ✓ When riding your bike on a sidewalk, look out for cars backing out of driveways and alleys.



See what older kids can teach your parents-other side!

Scout



Safety Approved



Visit "Parent Central" at
www.ProCarSeatSafety.com



Practice & teach these
Safety Tips to your parents
& younger siblings!



Family = Helmets!

1

We must wear a Helmet, Every Ride!

- ✓ They cost about \$25 or we risk at least a \$100 ticket
- ✓ When we wear our helmet, **flat on our head, & buckled snugly**, if we crash, we are 88% less likely to get a brain injury and end up in the hospital.
- ✓ We need to wear a helmet for all wheeled sports activities. And Yes we can get a ticket for not wearing a helmet even while riding these too! So:
 - ❖ A bicycle helmet is worn for roller/incline skating or scooter.
 - ❖ A skateboarding helmet is worn for skateboarding or longboarding.



2

For my Mom & Dad

- ✓ Wear your helmet, flat on your head, buckled snugly. Don't get hurt, who will care for me?
- ✓ Remember, you are my role model - so I learn from you!



3

For my younger brothers & sisters

- ✓ We must make it a habit from their first time on a tricycle, bike, or roller skates they wear a helmet and it's flat on their head, and buckled snugly!
- ✓ It's a simple rule: "No Helmet-No Bike, Skateboard, Roller Skates, or Scooter"
- ✓ I'm their role model. So I wear my helmet!



4

Before Riding Our Bikes!

1-Test My Bike Fit: I grow fast. Take me to a bike shop to test that my bike fits me. If not I can crash more easily.

2-Test My Helmet:

- **Eyes:** Put the helmet on my head. Look up with my eyes & see my helmet.
- **Ears:** I buckle my straps snugly & they must make a "V" under my ears.
- **Mouth:** I open my mouth wide & my helmet should hug my head. If not tighten the straps.

3-Bike Condition:

- Reflectors secure
- Brakes work
- Gears shift smooth
- Tires on tight & inflated

5

When Riding Our Bikes!

AGES 12 & UNDER-when riding on a sidewalk:

- The pedestrian has the right of way
- Watch for cars backing from driveways & alleys
- When you come to an intersection:
 - Stop when the RED "Hand Pedestrian" sign turns on. 
 - Cross when the "White Walking Man" sign turns on, check Left, Right, Left before crossing. 

AGES 13 years & OLDER -"ONLY WITH AN ADULT", when riding on a street:

- Bikes travel with traffic-always on the right side
- Use hand signals when turning
- Once cross at crosswalks and intersections
 - Stop and look Left, Right, and Left again
 - When you come to an intersection:
 - Stop when the "RED" traffic signal is on. 
 - Cross when "GREEN" traffic signal is on, check Left, Right, Left before crossing. 