

## ACT NOW!

- Make a family rule that everyone wears helmets for every ride.
- Choose the proper helmet for your activity and wear it correctly. For more information visit [www.thinkfirst.ca](http://www.thinkfirst.ca). Also, check out the bike helmet fit video from SafeKids Canada on YouTube.
- Fun bike safety activities for families are available at [www.ride2win.ca](http://www.ride2win.ca).
- Visit [www.mpi.mb.ca](http://www.mpi.mb.ca) to check out their new cycling resources. "I Cycle Safely" is for younger children with rules of the road and hand signals. "Bike Safely" is for older kids and adults, and includes tips on cycling in traffic, using bike lanes, and how drivers should share the road with cyclists.
- Visit the Manitoba Healthy Living, Seniors and Consumer Affairs website at [www.gov.mb.ca/healthyliving/hlp/bikesafety/index.html](http://www.gov.mb.ca/healthyliving/hlp/bikesafety/index.html) for information on bike safety, CTV 30 second video clips to help you ride safe this summer, and information on the Low Cost Bicycle Helmet Initiative delivered through schools and child care centres.

### Other Active & Safe Kids Manitoba Resources

**Water Safety**  
**Playground Safety**

**Ice Skating Safety**  
**Skateboarding Safety**



Caught You Using Your Head

FAMILY ACTION GUIDE

on cycling safety

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## ACTIVE!

Keep your kids active this summer riding bikes, scooters, and skateboards to summer camp, to the neighbourhood park or just around the block. Where to ride? Manitoba trails, bike paths and parks are visited by many children and their families who are out to explore or just out for a ride. Get on your wheels today!

## and SAFE!

Head injuries are the most serious injury resulting from wheeled sports such as cycling and skateboarding, and can be prevented by a helmet, adult supervision, and a few key safety tips. Whether your children are riding a bike, scooter or skateboard, you can **ACT NOW** to prevent head injuries.

## Active & Safe Kids Manitoba Program

*This is one of a series of family and community action guides designed by the Active and Safe Kids Manitoba Coalition. This program aims to increase the use of protective equipment such as helmets, wrist guards, and PFDs in children and youth, and to raise awareness about preventing injury during popular recreational activities such as cycling and wheeled sports, swimming, and skating.*

### Wear a Helmet for Every Ride

- ✓ Helmets should be worn by children and youth riding bikes, scooters, and skateboards every time they ride.
- ✓ Parents are important role models for kids, and should always wear a helmet when cycling.
- ✓ Remember that serious injuries usually happen close to home, on neighbourhood streets, parks, and paths.

### Choose the Right Helmet

- ✓ Do you know that there are different helmets for different activities?
- ✓ Bike helmets can be used for cycling, scooters, and inline skating.
- ✓ Skateboard helmets should be worn for inline tricks and skateboarding.
- ✓ Some helmets are designed for multiple activities. Make sure your helmet meets safety standards from CPSC, CSA, ASTM or Snell.

### Check Helmet Fit

- ✓ Helmets work best when they fit well, are worn correctly and the straps are fastened.
- ✓ Learn the 2-V-1 rule: only 2 fingers should fit between your eyebrows and the helmet, the straps should form a V around your ears, and only 1 finger should fit between your chin and the chin strap.

### Ride Together

- ✓ Younger children should always cycle with a parent.
- ✓ Before age 9 most children do not have the maturity and skills to cycle safely on the road alone. Read more about why children lack good judgment in traffic at our website [www.activesafekidsmanitoba.ca](http://www.activesafekidsmanitoba.ca)

### General Cycling Safety

- ✓ Make sure your bike fits you properly and is in good condition.
- ✓ Wear bright colours to be seen.
- ✓ Everyone should learn the rules of the road such as hand signals, how to use bike lanes and navigate traffic.