



Bike, In-Line Skates, Skateboard & Scooter Safety Tips



- Make sure your child's bicycle is safe.

- Does it work properly? Check tires, brakes, etc.
- Does it fit properly? Your child should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard.
- Does it have a bell, a light and reflectors?
- Be sure your child always wears a helmet that fits properly. The helmet should protect the forehead without slipping forwards or backwards; it should not move unless the scalp moves. A helmet that withstands a fall/collision should be replaced.
- Be sure your child obeys all signs, signals and rules of the road.



- For in-line skates, skateboards and scooters, be sure to protect your child from injury.

- Be sure that they wear protective gear: a helmet, wrist guards, gloves, knee and elbow pads and protective clothing (long sleeves and pants).
- Make sure children skate and ride where it's safe and that they stay away from roads and traffic.
- Children should skate or ride on dry flat surfaces and stay on the right side of paths and trails.

(Canada Safety Council)