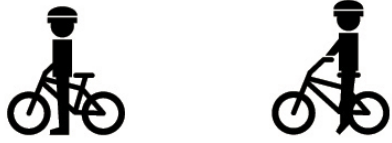


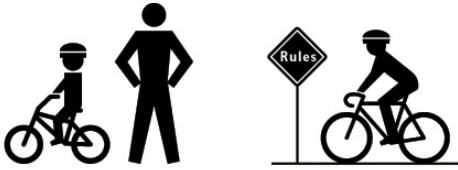
Bicycle Safety

Sizing




- Can stand clear of frame.
- Toes can touch ground.

Age




- Under **9** adult supervision only.
- 9+** on road only after training.

Safety and Equipment



- Children under 18 must wear certified helmet.
- Must have bell or horn.
- Brakes that work. (Make sure children can use.)
- Wear closed toe shoes.
- Handlebars and seat tight.
- Tires inflated, good tread.
- Must have reflective tape. White at front. Red at rear.
- Chain oiled, not loose.

Learning



- Practise stopping.
- Practise turning.
- Control speed.
- Know rules of the road.
- Children should **NOT** ride at night.

Signalling



- Left turn.
- Stop.
- Right turn.
- Alternative right turn.



Hamilton

Public Health & Community Services Department
 Healthy Lifestyles & Youth Branch
 Injury Prevention Program

