

MOVING RIGHT ALONG:



WHAT TO KNOW ABOUT KIDS AND BIKE SAFETY



BEING SAFE WHILE RIDING A BIKE ISN'T JUST A GOOD IDEA, IT'S ALSO THE LAW FOR ALL RIDERS UNDER 16 IN NORTH CAROLINA.

THERE ARE MANY RULES AND REGULATIONS DESIGNED TO KEEP RIDERS SAFE. IT IS IMPORTANT TO START WITH SAFETY FUNDAMENTALS FROM AN EARLY AGE.

ONE OF THE BEST WAYS TO PROTECT YOUNG RIDERS IS TO INSIST ON HELMET USE. IT'S THE LAW!



ALMOST HALF OF CHILDREN'S BIKE-RELATED INJURIES ARE TRAUMATIC BRAIN INJURIES. WEARING A HELMET CUTS THAT RISK BY

85%

BUT HOW DO YOU KNOW IF A HELMET FITS PROPERLY? HERE'S WHAT TO LOOK FOR:



TRY IT ON!

MAKE SURE THE HELMET IS THE PROPER SIZE. HELMETS SHOULD FIT SNUGLY, WITHOUT MOVING SIDE TO SIDE OR SLIDING BACK AND FORTH OVER THE FOREHEAD.



TWO FINGERS

THE HELMET SHOULD SIT LOW ON THE FOREHEAD, ONLY ONE OR TWO FINGER-WIDTHS ABOVE THE EYEBROWS.



FORM A "Y"

SIDE STRAPS SHOULD FORM A "Y" ON EACH SIDE AND MEET RIGHT BELOW THE EAR.



FIT SNUGLY

THE CHIN STRAP SHOULD FIT SNUGLY, WITH ROOM FOR NO MORE THAN ONE FINGER BETWEEN THE STRAP AND THE CHIN.

A HELMET'S NOT THE ONLY THING NEEDED FOR SAFETY, THOUGH.

THERE ARE MANY OTHER ASPECTS OF BIKE SAFETY YOU'LL WANT THE WHOLE FAMILY TO BECOME FAMILIAR WITH BEFORE HEADING OUT ON THE ROAD.

SOME FACTORS YOU'LL WANT TO CONSIDER:



BIKE FIT:

A HELMET ISN'T THE ONLY THING THAT REQUIRES A PROPER FIT. THE BIKE FRAME, WHEELS AND SEAT HEIGHT SHOULD ALL BE IN RELATION TO THE CHILD'S HEIGHT. MAKE SURE TO HAVE YOUR CHILD TRY THE BIKE FOR SIZE PRIOR TO PURCHASE. TALK TO AN EXPERT AT YOUR LOCAL BIKE STORE TO MAKE SURE YOU GET THE RIGHT FIT!

ROAD RULES:

GET YOUR CHILD FAMILIAR WITH THE SIGNS AND SIGNALS THEY WILL SEE WHILE ON THE ROAD. FROM HAND SIGNALS FOR TURNING TO TRAFFIC LIGHTS AND ROAD SIGNS, THEY'LL NEED THIS INFORMATION TO STAY SAFE WHILE NAVIGATING THE STREETS.



BE SEEN:

ALWAYS WEAR BRIGHT COLORS WHEN RIDING AND ADD REFLECTORS AND FRONT AND REAR LIGHTS TO YOUR CHILD'S BIKE. THIS WILL HELP THEM BE MORE VISIBLE TO DRIVERS, AND THE LIGHTS AND REFLECTORS ARE ACTUALLY REQUIRED BY LAW IN NC.