



Bike Safety

It's spring, the weather's finally warm - time to get the bikes out and go for a ride.

As children get older, they start to go further on their bikes independently. So it's important to start early teaching the rules of the road and common sense.

Here are some of the most common causes of bicycle accidents according to the Canada Safety Council.

- **Driveway rideout** - A youngster rides out of the driveway and gets hit by a car. Very often these incidents involve younger children: the median age is less than 10.
- **Riding through a stop sign** - Most cyclists who get hit by a car while riding through a stop sign know that they are supposed to stop. They just don't see why they should, or they get distracted.
- **Turning without warning** - These collisions occur because the bicyclist makes an unexpected left turn without signaling or checking behind for traffic.
- **Following the leader** - Many car/bike collisions take place when children are following each other. The first one may not stop at a stop sign and get through. The rider following may get hit.



The Canada Safety Council [website](#) has more information on these types of accidents and the safety messages you want to give your children.

More Information

[Wheel Safety - Wheeled Sports](#): bicycles, skateboards, in-line skates, shoes with wheels (City of Toronto)

Number 1 Bike Safety Rule - wear a bicycle helmet.

Research has shown that up to 85% of serious head injuries could have been prevented by wearing a helmet.

A helmet will only protect your child if it fits properly and is worn properly.

- Helmets should fit level and snug on the head, two fingers above the eyebrows.
- Helmet straps should come into a "V-shape" under the ear and fit snug, only one finger should fit between the chin and chinstrap. A helmet that wobbles when a child shakes their head isn't snug enough.
- A hockey helmet is for skating, not cycling.
- Parents - remember to be a role model! Always wear your helmet when cycling.
- Look for a safety sticker from: Canadian Standard Association, Snell Memorial Foundation, American National Standard Institute, American Society For Testing and Materials, British Standards Institute, Standards Association of Australia.



More Information

[Wheel Safety - All About Helmets](#) - bicycles, skateboards, in-line skates, shoes with wheels, helmets (City of Toronto)

[Got Wheels - Get a Helmet](#) - May 31-June 5 is Safe Kids Week (Safe Kids Canada - national injury prevention program of The Hospital for Sick Children)