

# bike, scoot and skate-safely

- Make sure your child wears a helmet and other protective gear every time they bike, scoot, or skate.
- Ensure the bike, scooter, or skates fit properly, not too big and not too small.
- Check the ABC's
  - **Air**- is there enough air in the tires?
  - **Brakes**- do the brakes work properly?
  - **Chains/Cranks**- is the chain running smoothly?
- Teach your child safety and traffic rules before they venture out on their bike, scooter or skates.
- Check and make sure the helmet fits properly by using the helmet fit test.
  - **Eyes** - are they level with the top of the helmet?
  - **Ears** - are they inside the "V" created by the straps?
  - **Mouth** - when open wide, does the chin hit the strap snugly?
- Remember to use lights when biking in the evening.
- Have fun on your bike, scooter or skates!



## take the helmet fit test



**1. eyes**  
Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



**2. ears**  
Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



**3. mouth**  
Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

now you're ready to roll!

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