



Bike to School Week



Bike to School Week May 2nd – 6th, 2022!

Safe Kids Grand Forks will be at schools around the Grand Forks-East Grand Forks area promoting biking to school all week long!

Spring is upon us and that means it's time to get our bikes out! Here are some safety tips to remember when it comes to bike safety.

1. It's important to look at your bike each year to make sure all the parts are in working order.
2. Be a good example and wear your helmet! It's important to wear it, but also to wear it correctly. Remember the two-finger rule shown below. If you or your child is in need of a helmet, we have them available at Safe Kids for purchase, please contact us at 701.780.1489 or email us at safekids@altru.org.

Listed below are the suggested donations for each type of helmet.

Toddler Helmet – \$12.00

Multisport Helmet - \$16.00

Bike Helmet - \$12.00

3. Follow the rules of the road and ride with traffic, not against.
4. Use hand signals when riding on the street to alert drivers of your intentions.
5. When riding at dusk or dawn remember to wear bright or reflective clothing to be seen by drivers.
6. Remind kids to cross at corners and to look left, right and left again and make eye contact with the driver(s) before crossing.

Does your helmet fit properly?

Take the Helmet Fit Test



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



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



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!

