



TOP TEN BICYCLE TIPS

1. Ensure your child's helmet has a CPSC or Snell sticker and was made since 1999.
2. A helmet can't protect unless it fits properly. Check hydrosafety.ca for a video on how to fit one.
3. Kids shouldn't wear their helmet while playing; the chin strap is a strangulation hazard when on playground equipment, climbing trees, etc.
4. Teach your child to walk their bike across intersections and never listen to headphones while riding.
5. Teach your children the basic road rules: right, left and stop hand signals and ride with traffic.
6. Dress your child in bright-colored clothing to help increase their visibility.
7. Choose shoes that grip the pedals. Wearing heels, flip-flops, or going barefoot is hazardous.
8. Do a maintenance check each season, inspecting tires, chain, handlebars, brakes and adjust the seat height if your child has grown.
9. If your child wears a backpack, tie/clip all straps to avoid them tangling in the spokes.
10. Make sure that the bicycle properly fits the child. When sitting on the seat, toes should be on the ground, and the bike easily balanced.