

## Bike Safety

The freedom of feeling the wind on your face as you zoom down the street on your bike is a rite of passage for many kids. However, it is so important to follow some key safety tips to reduce the risk for biking related injuries.

First of all, wearing a helmet that fits well and is adjusted correctly is so important for protecting the brain. Even the best of the best get into crashes sometimes! A bike helmet is great if you are traveling on a bicycle, but if scooters, skateboards or in-line skates are more your speed, consider a multi-sport helmet. Those provide more protection to parts of the head likely to be injured on those items. Safe Kids has bike helmets available for \$12 and multi-sport for \$16. If you can't afford a helmet, reach out to us anyway to see how we can help.

**One seat=one rider!** No one should ride on your handlebars. If your bike has pegs on the wheels, those are for trick riding, not for passengers.

It is really important that students know the rules of the road before heading out on their own. Parents, ride with your student a few times, talk about riding with the traffic, stopping at stop signs, explain hand signals when turning or stopping, and considering walking the bike across the street if the traffic is heavy. Safe Kids can share educational materials to help you start the conversation!



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).



This information is brought to you by Safe Kids Grand Forks & our partners with  
Minnesota Safe Routs to School.