



Think & Drive

FACT SHEET

HEADS UP FOR THE HOLIDAYS!

As the weather turns to sunshine, students will soon be out of school for their summer break. More children and teens will be out cycling ... however, sounds of laughter can turn to tears of pain unless you teach your child to be a safe rider.

It is required by law for children and teens in Alberta, under the age of 18, to wear a properly fitted, approved bicycle helmet when cycling. As a parent, it is your responsibility to ensure your child is wearing their helmet and that the helmet is properly fitted.

While not required by law for adults, research shows that if you wear your helmet, your child will wear theirs.

Be a positive influence ... it could end up saving your child's life and maybe even your own!

- ✎ Make 'house' rules to support the law. Be strict with the rule: **No Helmet = No Bike.**
- ✎ Enroll your child in a bike safety course from a trained instructor.
- ✎ Teach your child the rules of the road when cycling.
- ✎ Biking is a great activity the whole family can enjoy. Encourage your children to be active.

By having the community, schools and injury prevention partners working together, we can make a difference.



For more information on bicycle safety contact Alberta Transportation at (780) 422-8839 (for toll free service dial 310-0000) or visit www.saferoads.com.