



# Think & Drive

# FACT SHEET

## MAKING A DIFFERENCE TOGETHER

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. For everyone else, it's just common sense. However, it takes more than legislation to make a difference. How do we expect our children to act responsibly unless adults set a positive example?

### Parents:

- ✎ Always wear your helmet! Children will wear their helmets almost 100% of the time if they are riding with an adult who is also wearing a helmet.
- ✎ While not required by law, **be a positive influence when cycling...** a bicycle helmet could end up saving your child's life and maybe even your own!
- ✎ Your child must always wear a properly fitted, approved bike helmet. Enforce the rule: **No Helmet = No Bike.**
- ✎ Become involved with your Parent Advisory Committee to develop a school policy addressing helmet use when riding bikes to and from school.

To strengthen the effectiveness of the bike law, support from schools, parents and the community is necessary. 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](http://www.saferoads.com).