

## Bicycle and Road Safety

With the unusually warm winter we have had, there have been an increased number of children outside playing and riding bikes. As we near Spring, the outside play time and activities will increase, therefore, it is a good time to talk with your children about safety while playing outside and riding bikes.

Below are a couple web sites which provide helpful information to help facilitate discussions with your children:

- <http://www.kidsandcars.org/?gclid=CJDP7qS6ia4CFU6MtgodwQKw4A>
- [www.safekids.org](http://www.safekids.org)
- Bicycling Safety Fact Sheet: <http://www.safekids.org/our-work/research/fact-sheets/bicycle-safety-fact-sheet.html>

Bicycle safety tips and rules of the road can be found at:

- <http://www.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/>

### Top Tips for Bicycle riding (many more are included in the links):

- Make sure your child has the right size helmet and that he wears it every time when riding, skating or scooting.
- Inspect bicycles, scooters and skateboards to ensure that reflectors are secure, brakes work properly, gears shift smoothly and tires are tightly secured and properly inflated.
- Ensure your child is obeying riding rules (riding his/her bike WITH traffic, watching for cars, staying as far to the right of the road as possible, wearing helmets, etc.)
- Actively supervise children.
- Avoid riding bikes, skateboard or scooters in and around cars.
- Practice bike safety: learn the rules of the road, wear reflective clothes and stickers and ride on sidewalks when possible.

### Facts:

- In 2009, 91 percent of bicyclists (of all ages) killed were not wearing a helmet.
- Children with bicycle-related head injuries are more likely to require hospitalization and to have their injuries result in death.
- For children ages 5 to 9, the sports and recreation activity most commonly associated with emergency department visits for nonfatal traumatic brain injury is bicycling. For children ages 4 and under, bicycling is the second leading sports and recreation activity associated with emergency department visits for traumatic brain injury.
- On average since 2001, children ages 14 and under have sustained more than 254,000 nonfatal cycle-related injuries each year.
- In 2009, 229,811 children were treated in emergency departments for cycle-related injuries.
- On average, nearly 630 children are injured daily due to cycle-related crashes.
- In 2009, approximately 47,000 nonfatal injuries among child cyclists were traffic-related.
- More children ages 5 to 14 are seen in emergency departments for injuries related to biking than any other sport.

It is imperative that we take the time to talk to our children as they are not aware of the dangers that lurk in a neighborhood. Let's protect them and do our part.