



TEN KEY BIKE SAFETY TIPS FOR KIDS





Can-Bike?

- Can-Bike is the Cycling Canada's safety and skills program
- Tips based on the Can-Bike Kids program
 - Help children 8 and up to develop better knowledge and skills
- Why?
 - Statistics show 85% of bike accidents involving kids are the result of inappropriate action on the part of children.

Because it is not just learning to balance a bike.

Tip # 1 – Helmets Must Fit

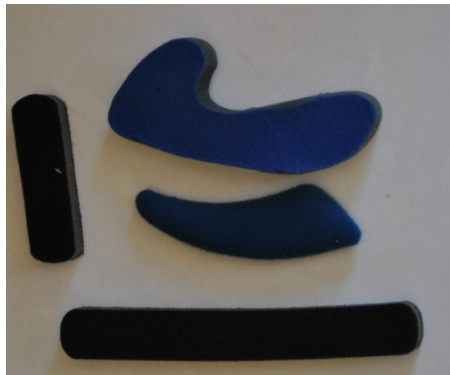
- **Helmets Mandatory in Manitoba**
 - Under 18 must wear helmets
 - Adults should emulate the behaviour as well
- **Helmet fit is a major issue**
 - Follow the instructions or get some help
 - Use the 2V1 rule.
- **It's not set it and forget it!**
 - Helmet need to be checked regularly for fit.
 - Check for damage or cracking as well.



Photo: Green
Communities Canada

The 2V1 Rule

- **Start with the right size**
 - Should fit snugly and not rock side to side
 - Use foam pads or rear lock ring adjustment
 - Remember you don't grow into a helmet!



The 2V1 Rule

- **2V1**
 - “2” fingers above the eyebrows
 - Straps form “V” under the ear
 - “1” finger under the chin strap



Tip # 2 – Make Sure the Bike Fits the Child

- **Bike Fit is very important**
 - Get some help
- **Frame size**
 - 3 to 5 cm between you and the highest point of the top tube.



Tip # 3 – Make Sure the Bike is Safe – ABC's

- **A is for air**

- Check tires for wear/embedded glass etc.
- Tire inflated adequately
- Wheels spin straight and true
- Make sure wheels are tight (especially quick releases)



- **B is for brakes and bars**

- Brakes
 - Brake levers
 - Brake pad wear and alignment



Tip # 3 – Make Sure the Bike is Safe – ABC's

- Bars
 - Check the handlebars to ensure they are tight
- **C is for chain and crank (drive train)**
 - Check that crank is tight
 - Give it a bit of lubrication
- **Drop test!**
 - Pick up the bike 3 to 4” off the ground and drop it.
 - Listen for any loose parts.



Tip # 4 – Teach them the Skills

- **It's not just about balancing the bike**
 - Most common accident is simply falling
 - Need to learn how to maneuver
 - How to hold a straight line when signaling etc.
- **A few simple exercises**
 - Straight line riding
 - Add shoulder checks and signals
 - Slalom course
 - Practice braking quickly.



Tip # 5 – Sidewalks are not always the safest place to ride

- **It's illegal (wheel size < 40 cm or 16")**
- **Intersections are dangerous**
 - Don't forget driveways and back lanes
 - Drivers not looking for fast moving bikes
 - May not even see until pulling out.
- **Teach them early to ride on the road safely**
 - On the road they are in the drivers field of vision

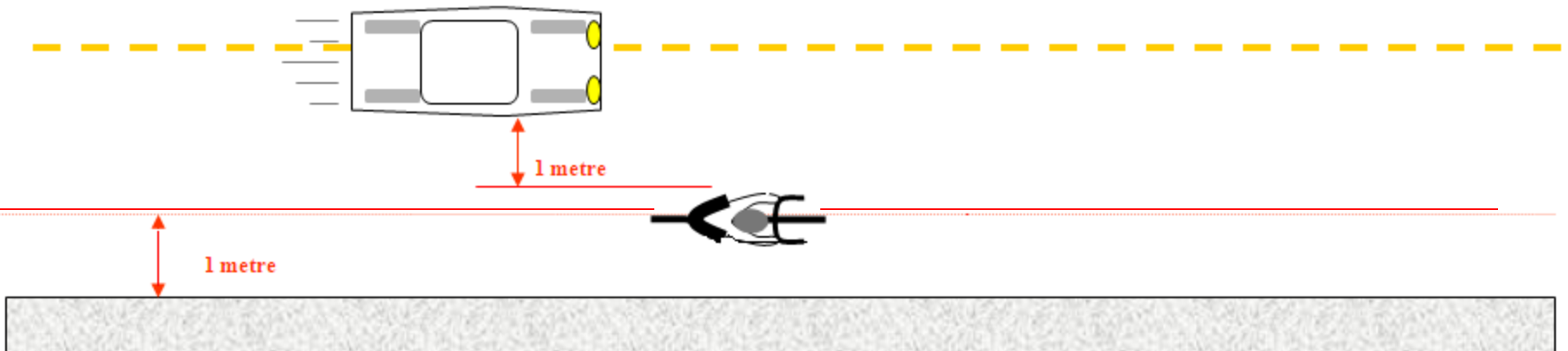


Photo: Green Communities Canada



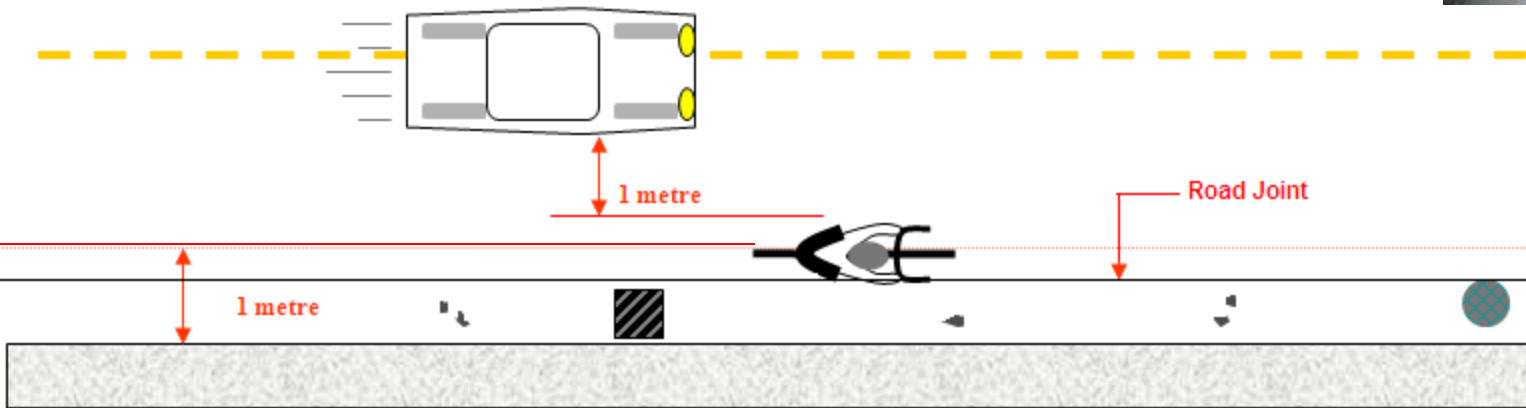
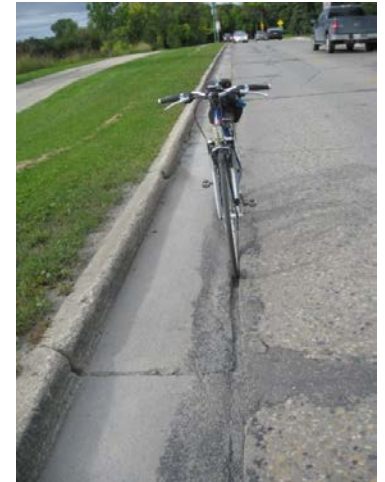
Tip # 6 – Know Where on the Road They Should Ride

- The Highway Traffic Act states they must ride as far to the right as practicable **not possible**.
 - Practicable means safe
 - Recommend a minimum of 1 metre



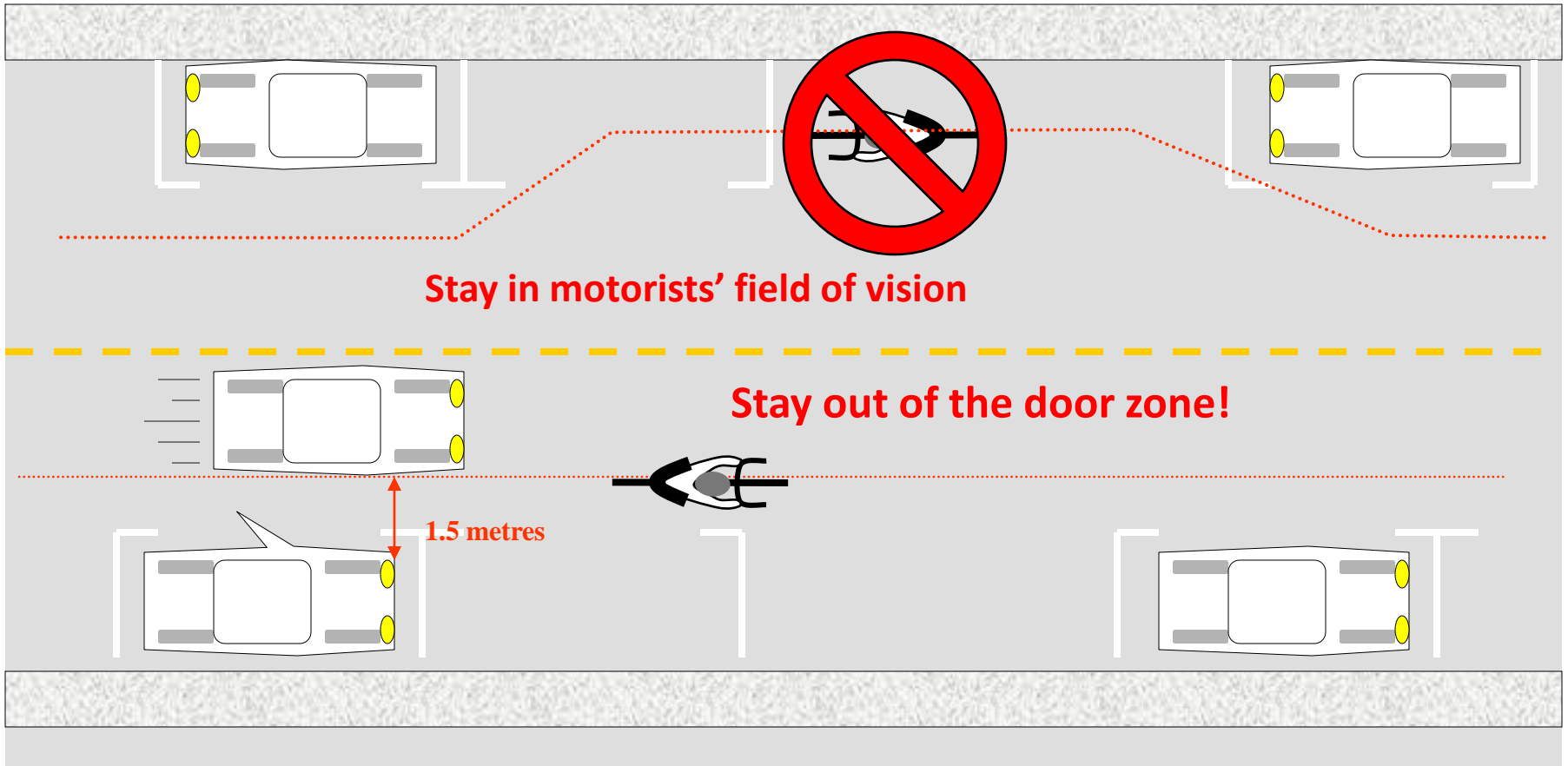
Why 1 Meter Minimum?

- Maintain a straight line
- Avoid potholes, debris, manhole covers and road joints



Never compromise your safety for someone else's convenience!

Parked Cars?



Tip # 7 – Teach Them to Communicate

- **Do they know the signals?**
 - Use them and make them specific/visible



Left



Right



or

Right



Stop

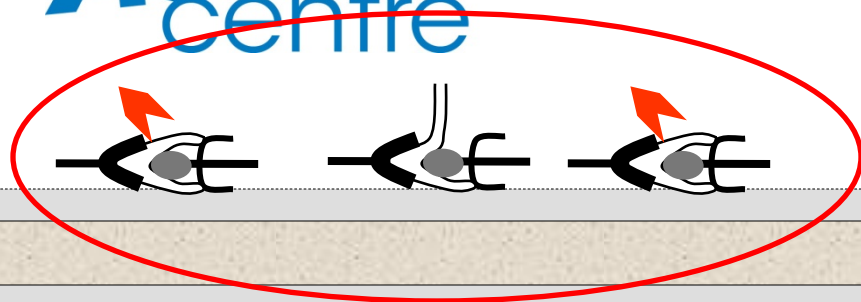
Photos: Manitoba Public Insurance



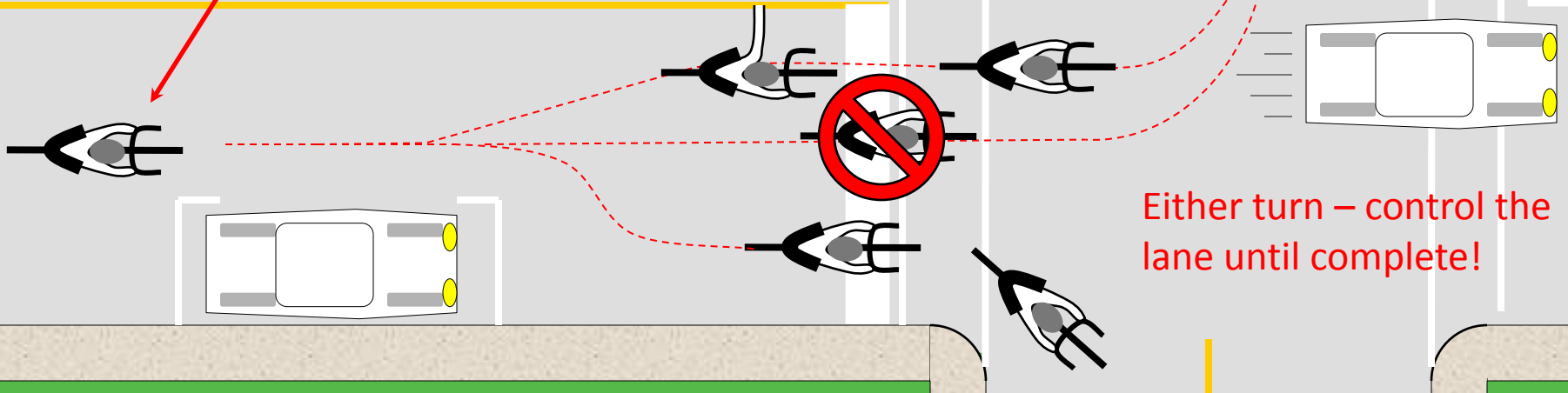
- Always shoulder check before signalling



Tip # 8 – Turns Can Be Challenging

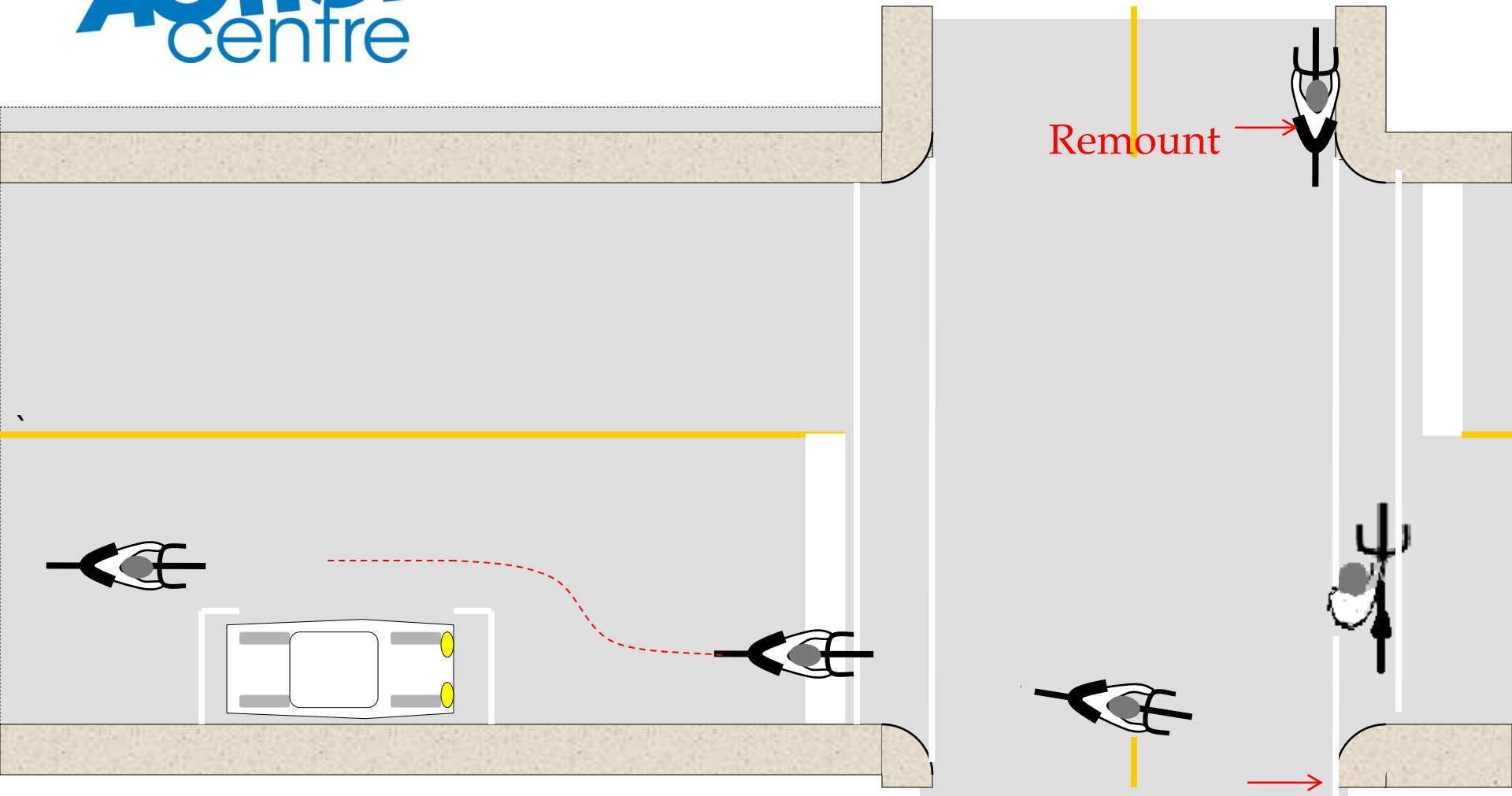


Transition to turn position well before the intersection.



Either turn – control the lane until complete!

Too Difficult or Dangerous?



Tip # 9 – Teach Them to Keep Their Bike Safe

- **Get a good lock**

- A cheap lock is only a visual deterrent.
- U-locks are common but not created equal.
- Avoid cylindrical keys



- **Lock it right!**

- Lock it to something solid
- Lock the frame and rear wheel
- Add a cable if needed



Tip # 10 – Make it Fun

- **Bikes give children freedom and independence**
 - Provide them with the knowledge and skills so they can ride safely.
 - They have fun and not be a constant source of worry.





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