

this is how we roll...

bikes

According to the Ohio Chapter of the American Academy of Pediatrics, 75 percent of bike-related fatalities would be prevented with a helmet. Helmet use can reduce the risk of head injury by 85 percent and severe brain injury by 88 percent.

- Wear a properly fitted helmet. It is the best way to prevent head injuries and death.



...now you are ready to roll!



eyes

Only TWO fingers should fit in the space between your eyebrows and the bottom of your helmet.



ears

Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe.



chin

Hook TWO fingers between your chin. There should be no extra space.

- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
- Know and use hand signals.
- Be predictable by making sure you ride in a straight line and don't swerve between cars.



- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
- Ride together as a family until all members are comfortable and confident riders!

