

HOW TO PICK THE RIGHT SIZE BIKE AND HELMET

Newsletter



The first day of Spring is approaching and everyone is ready to shed the winter coat and get outside more. It is also a great time of year to check your child's bike and helmet to make sure they are properly fitted before the first ride of the season.

As children grow, the type and size of bike will need to change also. A safe and successful ride depends on it. When a child has a bicycle that is the correct size, they have better control which increases their coordination and confidence.

A bike the right size should:

- > allow the child to straddle the bike between their legs with their feet flat on the ground;
- > have handlebars that do not impede pedaling therefore the knees should not hit the handlebars when riding;
- > allow the leg to have a slight bend when the pedal is closest to the ground;
- > not overextend the arms and upper body when turning.

A helmet fits properly when:



- > it fits snug but is not uncomfortable and has little movement when buckled;
- > it sits level and does not tip forwards or back nor left or right;
- > the width of only 2 fingers fit between the eyebrows and the helmet, and only 2 fingers between the chin and strap.

Reviewing rules and safety tips with your child will also be important before the first ride.

- > Children 10 and under are allowed to ride on sidewalks.
- > Children over 10 can ride on the side of the road with traffic and are to obey all traffic signs.
- > Walk a bike when in a crosswalk.
- > When on a trail, pass walkers on the left. Let them know you will be passing by ringing a bell or saying "Passing on your left."
- > Review hand signals so others know what to expect of you.



Left



Right



Stop

