



Cycling can be a fun activity especially when done safely.

The NB Trauma Program and Parachute encourages parents and caregivers to be role models for cycling safety by following these important, yet simple steps:



The NB Trauma Program, and our provincial stakeholders, would like to remind you that most injuries can be prevented!

We encourage everyone to learn more about how to stay safe during summer months.

For more information on bike safety and other injury prevention topics, for people of all ages, please visit www.NBTrauma.ca.



Horizon Health Network
Réseau de santé Horizon

Vitalité Health Network
Réseau de santé Vitalité

Ambulance NB

New Brunswick Department of Health
Ministère de la santé du Nouveau-Brunswick

www.NBTrauma.ca

 @TraumaNB

Be aware and take care.

CYCLING SAFETY FOR PARENTS & GUARDIANS



NB Trauma Program
Programme de
traumatologie du NB

THIS SUMMER MAKE SURE TO:



Protect Your Head

Wear A Helmet. A properly fitted and correctly worn bike helmet can make a dramatic difference, reducing the risk of serious head injury by up to 80%. New Brunswick law mandates the use of an approved bicycle helmet for riders of all ages.



Remember the 2V1 Rule

Using the 2v1 rule for helmet fitting helps to make sure everyone is strapping up properly before taking a ride. Always check your helmet by following these rules: 2 fingers above your eyebrow, straps form a “V” under your ears, 1 finger space between strap and chin.



Check Your Bike Before You Ride

Ensure that the bike is the right size and adjusted correctly for the height of the rider. A bike that is too big or too small is a safety hazard. Get everyone in the habit of doing a bike check by also checking that the tires are inflated and the brakes are working properly.

LEFT
TURN



RIGHT
TURN



ALSO
MEANS
RIGHT
TURN



SLOWING
DOWN
OR
STOPPING



Stay on the Right Side of the Road

Always stay on the right side of the road following the same direction as traffic. This will make you and your children more visible to drivers and improve their ability to see traffic hand signals. When riding, have your kids follow your lead by biking in a single file and repeating all the hand signals you make.

Be Seen and Heard

Young children should avoid riding at dusk or at night. Make sure drivers can see you! Wearing bright, reflective clothing and equipping your bike with flashing lights and reflectors will help increase visibility. Use a bike bell - it gains the attention of other riders and pedestrians, letting them know you are close by or passing them. Using your voice works well too!



Get trained in bicycle safety

Know the rules of the road. Use appropriate hand signals and obey all traffic signs. Ask your children to show you the signals for stop, right, and left hand turns before getting on their bikes. This can be a fun quiz as you are preparing for your bike ride! You can also remind your kids to always dismount their bikes when crossing the street.



Be alert to potential hazards

Pay attention to the road ahead. If possible, avoid running over drainage grates, loose pavement or gravel, puddles you can't see through or other unsafe road conditions. Bicyclists should also ride far enough away from parked vehicles (at least one meter) to avoid being hit by an opening door.



Pick Family Friendly Routes

Children should avoid areas of high road traffic volumes – especially higher speed zones. Designated riding areas are a great option for less experienced riders so they can build confidence and skills in a safe environment. Great paths can be found online. By preplanning your ride you can be sure the route you are choosing is a safe one for you and your children.