

# Safe Physical Activity on Wheels

Physical activity is one of the most important health habits anyone can have. It keeps the heart strong and extra weight off. Plus, it's a lot of fun and can be a family activity! Your child needs to get 60 minutes of activity every day. Adults need 30 minutes each day.

Some of the most popular forms of physical activity involve wheels. In class today, we talked about how to stay safe while bicycling.



## What You Can Do to Help Your Child Stay Safe While Biking

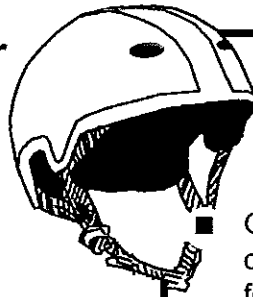
- Check your child's bicycle at least once a season to be sure it is safe to ride.

### Be sure to check:

- Tires: Inflate them to the pressure that's recommended on the sidewall of the tire.
- Chain: Oil it regularly. Remove dirt.
- Handlebars: Adjust them for height as your child grows. Tighten all bolts.
- Brakes: Check for frayed cables. Replace worn-out brake pads.
- Seat: Keep the seat level. Adjust the height as needed.

For more information and activities on bike safety, visit the National Highway Traffic Safety Administration's website at [www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles)

- Get a helmet that fits your child and insist he or she wear it.
- Encourage your child to follow these rules:
  - Ride only on the sidewalks. If there are no sidewalks, consider limiting his or her riding to the driveway. Think carefully about when to give your child permission to ride in the street. Children 10 years of age or older are usually able to follow traffic rules. When children are ready, they should ride with traffic near the edge of the street.
  - Stop for pedestrians.
  - Watch for cars entering or leaving driveways.
  - Keep both hands on the handlebars except when signaling to turn or stop.



## Choosing a Bike and a Helmet

- Get the right size bicycle. When sitting on the seat, the balls of your child's feet should be on the ground.
- The bicycle should have a bell or horn.
- Take your child to shop for a helmet. Your child will be more likely to wear a helmet if he or she is encouraged to pick the color or design.
- Select a helmet that fits your child's head now. A salesperson can help you make adjustments.
  - The helmet should fit comfortably yet snugly so that it doesn't move in any direction.
  - The front edge of the helmet should be two finger widths above the eyebrows, not tilted back or pulled too low in front.
  - The front and back straps of the helmet should form a V just below the ear.
  - The chinstrap should be snug when your child opens his or her mouth. One finger should fit between the chin and the chin strap when the mouth is closed.

When he or she outgrows a helmet, or if a helmet gets damaged, buy a new one.

Your child should always wear a securely fastened helmet when bicycling, skateboarding, or skating. Choose the type of helmet recommended for a specific activity to best prevent head injuries.

# Skateboards, Skates, Scooters, and Inline Skates

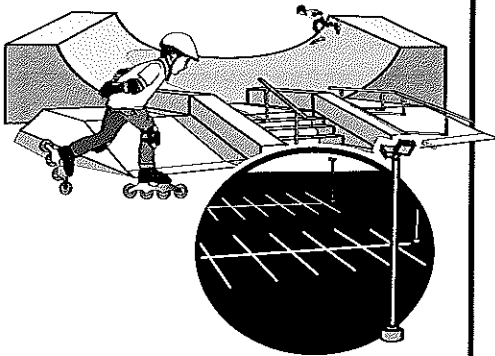


We also talked about safety on other wheeled equipment. There are three words to remember when using this equipment.

## Place · Gear · Caution

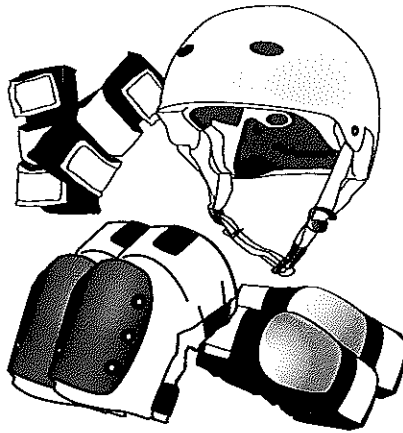
### Place

Use skateboards, skates, scooters, and inline skates in safe areas where there aren't any cars or people walking.



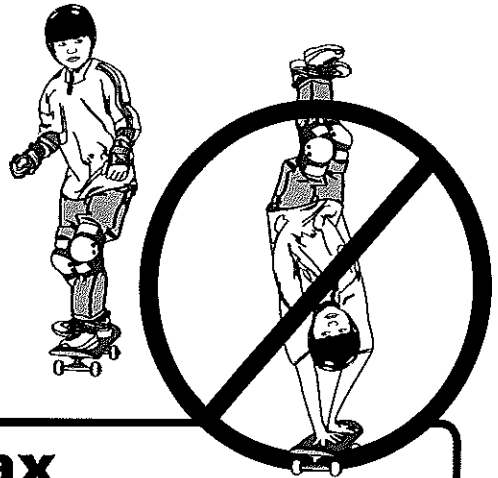
### Gear

Wear a helmet, knee pads, elbow pads, wrist guards, gloves, and closed-toe shoes.



### Caution

Know what your child can safely do on wheels and caution him or her against showing off or taking dares from others.



## Falling Safely: Crouch, Roll, Relax

Teach your child how to fall safely when using skateboards or inline skates.

- When losing your balance, crouch down on the skateboard or over the skates so your fall is short.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall, which prevents your arms from absorbing all the force.
- Try to relax, rather than remaining stiff when falling.

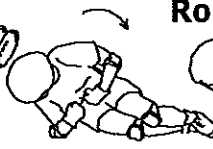
### Crouch



### Roll



### Roll



### Relax



## Learning More About Safety



For more information on bike safety, helmet selection and use, and other safety issues, check out these websites:

- [www.cpsc.gov](http://www.cpsc.gov)
- [www.usa.safekids.org](http://www.usa.safekids.org)

For a free guide on helmet selection and use, search for "Which Helmet for Which Activity?" on the U.S. Consumer Product Safety Commission website, [www.cpsc.gov](http://www.cpsc.gov).

On the National SAFE KIDS Campaign website, you will find extensive information on bike safety and other safety issues that cause accidental childhood injuries. Visit [www.usa.safekids.org](http://www.usa.safekids.org).