

## Bicycle Myths & Facts

- **MYTH:** *My child doesn't need to wear a helmet on short rides around the neighborhood.*
- **FACT:** Your child needs to wear a helmet on every bike ride, no matter how short or how close to home.
- **MYTH:** *A football helmet will work just as well as a bicycle helmet.*
- **FACT:** Only a bicycle helmet is made specifically to protect the head from any fall that may occur while biking.



- **MYTH:** *I need to buy a bicycle for my child to grow into.*
- **FACT:** Oversized bikes are especially dangerous. Your child does not have the skills and coordination needed to handle a bigger bike and may lose control.
- **MYTH:** *It's safer for my child to ride facing traffic.*
- **FACT:** Your child should always ride on the right, with traffic. Riding against traffic confuses or surprises drivers.
- **MYTH:** *Bike reflectors and a reflective vest will make it safe for my child to ride at night.*
- **FACT:** It's never safe for your child to ride a bike at night. Night riding requires special skills and special equipment.
- **MYTH:** *I don't need to teach my child all of this bicycle safety stuff. I was never injured as a child. Biking is just meant to be fun.*
- **FACT:** Riding a bike is fun – if it's done safely. Unfortunately, most people don't realize hundreds of thousands of children are seriously injured each year in bicycle falls.

## Skateboard Safety

The use of skateboards by children has increased significantly in recent years. Not only do these young skateboarders have a high center of gravity, but they do poorly at breaking their falls. As a result, there has been a rise in the number of skateboard-related injuries, including those to the arms, legs, head, and neck. In one study of five to nine-year-olds, who received medical treatment, only one third of skateboard injuries were classified as minor; the remaining two thirds were labeled moderate or severe.

If your child rides a skateboard, she should wear a helmet and protective padding and wrist guards to minimize the chances of injury. Also, she should never ride the skateboard in or near traffic. Homemade ramps have proven particularly dangerous for youngsters.

## Hoverboard Safety Tips

1. Wear a helmet **correctly**.
2. Ideally, wear elbow pads, knee pads, and wrist guards.
3. Calibrate your hoverboard.
4. Stand Correctly: Stand in the middle—not too much toe or heel with the widest stance possible.
5. Step back to disembark.
6. Look ahead: Maintain a straight posture, and look straight ahead—not down.

