

Living Safely

with disabilities and special health needs

Wheeled Sports Safety Tips

Wear a helmet to protect your head from injuries.

Make sure that your helmet is the right size.

Take the helmet fit test.

- The helmet should be no more than two fingers above your eyes. When you look up, you should see the bottom rim of your helmet.
- Straps should make a “V” shape under the ears.
- Make sure your helmet is snug when your mouth is open.

Ensure that your bike is the proper size for your body.

When sitting on your bike, your feet should touch the ground.

Check brakes and gears, by going and stopping a few times, before going out on a long ride.

Dress in well fitted clothing. Long or loose clothing or shoestrings can get caught in bike chains or wheel spokes.

Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible.

Be respectful of traffic signals. Stop at all stop signs and stop lights. Do not swerve into the middle of the street.

Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.

When riding in the early morning or evening, wear bright clothing. It is a good idea to have lights or reflectors on your bike as well. This will help drivers to see you more clearly.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org).

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