



Bicycle Safety for Kids



Warm weather is coming up, with all the wonderful promise of sunny days spent playing outdoors...



... building sand castles at the beach and getting outside to enjoy the magical freedom of bicycle riding.




While everyone can agree that bikes and kids go together like peas and carrots ...

Injuries incurred while riding a bike account for more injuries in youngsters between five and 15 than any other sport.

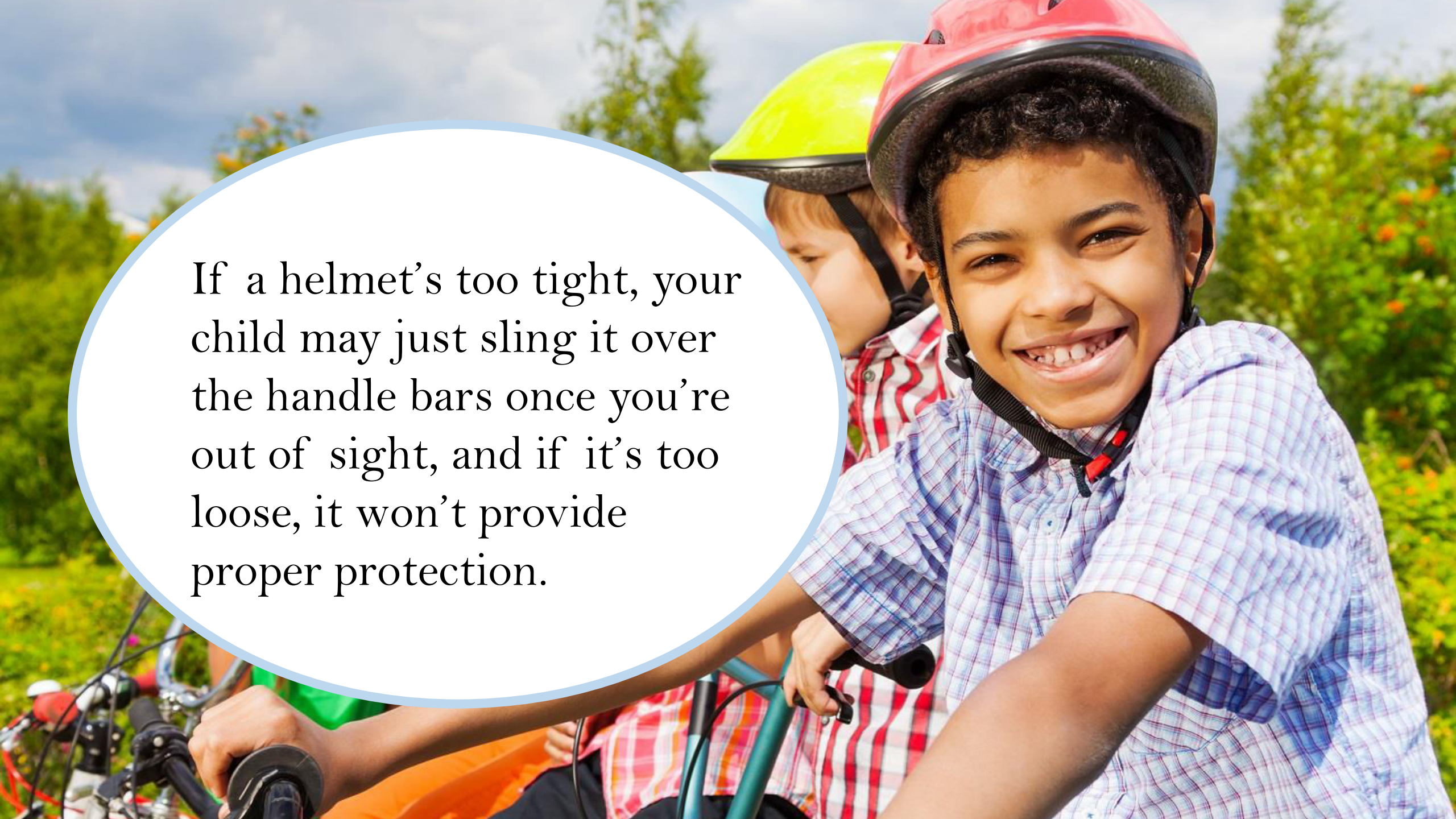
**Don't let your child be a statistic;
teach him the rules of the road
and have a safe, fun-filled summer.**

A photograph of two children riding bicycles outdoors. The child in the foreground is a young boy with dark skin and curly hair, wearing a red helmet and a blue and white plaid shirt. He is smiling broadly at the camera. Behind him, another child is visible wearing a yellow helmet and a red and white striped shirt. They are riding on a path with green foliage and a blue sky with light clouds in the background. A large white oval with a light blue border is overlaid on the left side of the image, containing the text.

**Always Wear
a Helmet**

A photograph of two children riding bicycles outdoors. The child in the foreground is a young boy with dark hair, wearing a red helmet and a blue and white plaid shirt, smiling broadly. Behind him is another child wearing a yellow helmet and a red and white striped shirt. They are riding on a paved path with green foliage and a blue sky in the background. A large white oval with a blue border is overlaid on the left side of the image, containing text.

Not even the shortest little
cruise around the driveway
should be taken without a
properly fitting bike helmet.

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If a helmet's too tight, your child may just sling it over the handle bars once you're out of sight, and if it's too loose, it won't provide proper protection.

Light It Up



Lights and reflective gear are another important part of bike safety, especially at the dangerous times of like dusk and after dark.



Bikes should be equipped with reflectors and both white front and red rear lights. Estimated to reduce the risk of being hit by a car by roughly 85 percent, reflectors are cheap and easy to install.



See and be Seen



Even if your child's bike is properly equipped with lights and reflectors, bike clothing itself should be highly visible.



Contrary to popular wisdom, white hasn't been found to make a rider more visible; bright, neon or fluorescent colors are much better options whether riding in daylight or darkness.



Tune It Up





Especially before the first ride of the year, make a safety check of your child's bike, or teach him how to do so.



It's a great idea to take the bike into your local bike shop for a spring-time tune-up; mechanics will make sure everything's in working order ...



Happy cycling!



Maplewood Country Day Camp & Enrichment Center in Easton Ma is a fun and exciting place for preschool to 9th grade kids.



Their mission is to create a warm, welcoming, creative environment year 'round that makes everyone feel like family.



With caring counselors and specialists, children are guided as they take on new challenges in every step of the way.

<http://roadbikehub.com/category/resource/>

