

SafeRoutes

Connecticut Safe Routes to School



Helmets

Always wear a helmet and make sure it's fastened properly. Helmets can reduce head injuries by up to 85% and in CT it's illegal for children 15 or under not to wear them.

When choosing a helmet, make sure it fits properly. A good fit means level on your head, touching all around, comfortably snug but not tight. It should not move more than about an inch in any direction, and must not pull off no matter how hard you try. Pick white or a bright color for better visibility.

Making Safe Choices

Ride in safe places, such as in parks, on bike trails, and on roads with little traffic. Ride with a friend. Bright and light colored clothing makes riders more noticeable. If children are allowed to bike ride after dark, make sure they have a light on their bike reflectors on their bike, helmet, and clothing. Also, give bikes regular tune ups to make sure they are working properly.

Lock up or keep bikes in a safe place. Record the serial number and take a picture of the bicycle for your records. This will help police return a bike if it is stolen and recovered.

Tips for Parents

Children act differently in traffic than adults. They cannot easily judge a car's speed and distance. They also assume that if they can see a car, its driver must be able to see them. However, kids are easily hidden from view by parked cars and other objects.

Replace any helmet after your child crashes in it. Impacts crush some of the foam in the helmet causing it to be less protective, although the damage may not be readily visible. Replace the buckle if it cracks or if any piece of it breaks off.

BICYCLING TO SCHOOL SAFELY TIPS FOR PARENTS AND KIDS...

Rules of the Road:

- Never ride out into a street without stopping first.
- STOP, look LEFT, look RIGHT, and look LEFT again.
- Listen to be sure no cars are coming before entering a street.
- Obey stop signs and traffic lights.
- Give the right-of-way to pedestrians in crosswalks.
- Check behind before turning, swerving, or changing lanes.
- Use hand signals to inform drivers of your intentions.
- Always ride on the right, with traffic, in single file.
- Never follow another rider without applying the rules.
- Whenever possible cross the road at crosswalks.
- Remember, always walk bikes across crosswalks.
- Do not text or talk on cell phone while biking.



To learn more about how to set up a SRTS program, contact Connecticut's SRTS Coordinator Ms. Sharon Okoye at (860) 594-2367 or sharon.okoye@ct.gov or visit the following websites: www.walkitbikeitct.org www.ctsaferoutes.org www.saferoutesinfo.org