May is National Bike Month

Bike to School Day is May 7
National Bike to School Day provides an opportunity for schools across the country to celebrate National Bike Month.

Why bike to school?
It’s fun – Walking and biking can give children a sense of joy and independence.

It’s healthy – The trip to school is a chance for children (and adults) to get the physical activity they need.

It’s cleaner for the environment – Replacing car trips to school with walking or biking can reduce congestion and air pollution.

It promotes safety – Providing education programs, building sidewalks and crosswalks, and encouraging walking and bicycling to school or work can help build support for infrastructure improvements in the community.

It benefits the community – Biking reduces traffic congestion, boosts a sense of community and improves neighborhood connections that benefit everyone.

Bike to Work Week is May 12-16
Did you know that more than half of the U.S. population lives within five miles of their workplace? This makes cycling a practical and potentially enjoyable way to travel to and from work each day. So, dust off and tune up your bikes, strap on a helmet, and enjoy the great outdoors as you pedal your way to drop off kids at school and continue on to work.

Topics covered:
• National Bike Month
• Safety tidbits:
  ➢ Buying the right bike
  ➢ Take the helmet fit test
  ➢ Be safe, be seen
  ➢ Do you know your hand signals?

To sign up for our monthly newsletter, visit ukhealthcare.uky.edu/safekids.
Be safe, be seen!

Top tips for kids on bikes:
- Be sure your child is ready to ride. Children should be able to demonstrate riding competence and an understanding of the rules of the road before cycling with traffic.
- Make sure your child can be seen by drivers. It's smart for kids to wear clothes and accessories, such as backpacks, that have reflective materials, to improve their visibility to motorists.
- Use lights and bike reflectors. Headlights aren't so much for bicyclists to see where they are going but for others to see them. If your child rides without a headlight won't see her.
- Cross the streets safely. Your child should use hand signals and respect traffic signs. Teach your child to look left, right and left again when crossing and to keep looking as they cross. Bikers should make eye contact with drivers to ensure they are paying attention and are going to stop before they cross the street.
- Stay alert, put electronic devices away. Your child should keep his hands on the handle bars and his bottom on seat. Instruct your child to watch out for cars that are turning or backing up, and to not dart out into the street or cross in between parked cars.

Top tips for drivers
- Slow down in residential neighborhoods. Obey traffic signs, especially in school zones.
- Be especially alert and take extra time to look for bicyclists in bike lanes, at intersections and on medians.
- Reduce any distractions inside your car, such as talking on the phone or eating, so you can concentrate on the road and your surroundings.
- Remember: Texting while driving is Illegal in the state of Kentucky.

Shopping for a bike for your child? Keep these tips in mind.
- Proper equipment and maintenance are important.
- Ensure proper bike fit by bringing your child along when shopping for a bike.
- Select a bike that is the right size for the child now, not one he or she will grow into in the future.
- When a child is sitting on the seat of the bicycle, his feet should be able to touch the ground.

Before your child rides:
- Make sure the reflectors are secure.
- Test the brakes to make sure they work properly.
- Ensure that the gears shift smoothly.
- Check to see if both tires are tightly secured and properly inflated.

Take the helmet fit test
Step 1: Find the right helmet Make sure your child has the right size helmet and wears it every time when riding, skateboarding or scootering. A helmet should sit on top of the child's head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly.

Step 2: Eyes check Position the helmet on your child's head. When your child looks up, he should see the bottom rim of the helmet. The rim should be one to two finger widths above the eyebrows.

Step 3: Ears check Make sure the straps of the helmet form a “V” under your child’s ears when buckled. The strap should be snug but comfortable.

Step 4: Mouth check Have your child open his mouth as wide as he can. Ask if he feels the helmet hug his head. If not, tighten the straps and make sure the buckle is flat against his skin.

Do you know your hand signals?

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayetecounty.com.

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