

CHECK YOUR BIKE HELMET!

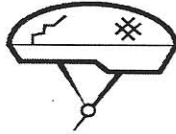
Protective equipment is important for every sport. Bike helmets only protect you if they meet industry standards and are worn correctly.

Use the checklist below to ensure your helmet is safe and you are wearing it correctly.

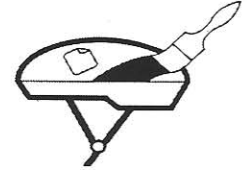
Checking



Has CSA, ASTM, CPSC or SNELL label inside.

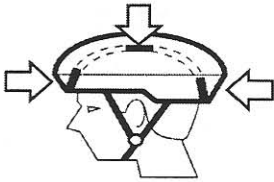


No cracks, dents or damage.

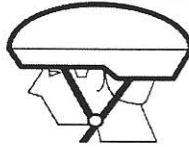


No paint or stickers.

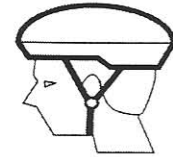
Fitting



Pads touch head at front, back, sides and top.

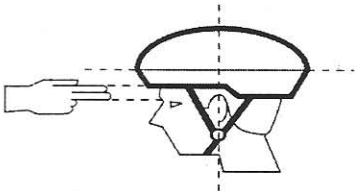


Not too big or loose.

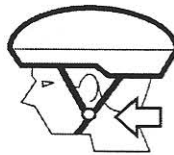


Not too small or tight.

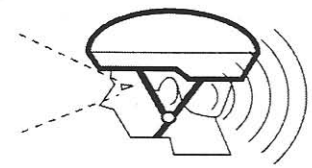
Wearing



Helmet sits level—about 2 fingers above eyebrows.



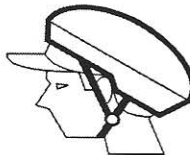
Chin strap is snug. Straps meet just below ears.



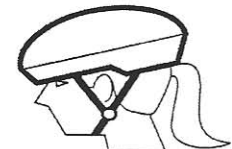
Vision and hearing are not blocked.



Do not wear on back of head.



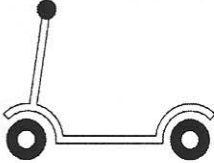



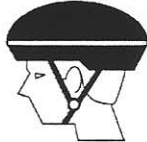










No hats or kerchiefs.



No hair in way.


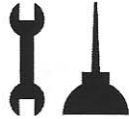


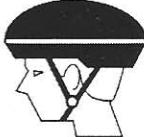










Scooter Safety

Scooters are a popular way to have fun. Remember these important safety tips so that you can stay safe as you have fun.

Equipment		Age	
 <input checked="" type="checkbox"/> Handlebars set correctly and locked.	 <input checked="" type="checkbox"/> In good working order.	 <input checked="" type="checkbox"/> Not under 5.	 <input checked="" type="checkbox"/> 5 to 8 with adult supervision.
Protection			
 <input checked="" type="checkbox"/> Wear certified helmet.	 <input checked="" type="checkbox"/> Wear knee pads.	 <input checked="" type="checkbox"/> Wear elbow pads.	 <input checked="" type="checkbox"/> No wrist guards. (Hard to steer.)
Learning			
 <input checked="" type="checkbox"/> Practise stopping.	 <input checked="" type="checkbox"/> Practise turning.	 <input checked="" type="checkbox"/> Control speed.	
Conditions			
 <input checked="" type="checkbox"/> Not near cars.	 <input checked="" type="checkbox"/> Not at night.	 <input checked="" type="checkbox"/> Not on steep hills.	 <input checked="" type="checkbox"/> Not on rough or wet areas.


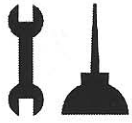

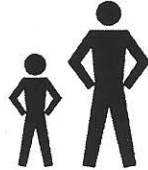

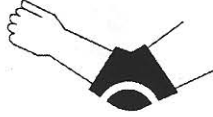








In-Line Skating Safety

In-line skating is a great outdoor activity! Remember these important safety tips so that you can be safe as you have fun.

Equipment		Age	
 <input checked="" type="checkbox"/> Correct size.	 <input checked="" type="checkbox"/> In good working order.	 <input type="checkbox"/> Not under 7.	 <input checked="" type="checkbox"/> 7 to 8 with adult supervision.
Protection			
 <input checked="" type="checkbox"/> Wear certified helmet.	 <input checked="" type="checkbox"/> Wear knee pads.	 <input checked="" type="checkbox"/> Wear elbow pads.	 <input checked="" type="checkbox"/> Wear wrist guards.
Learning			
 <input checked="" type="checkbox"/> Practise stopping.	 <input checked="" type="checkbox"/> Practise turning.	 <input checked="" type="checkbox"/> Control speed.	
Conditions			
 <input type="checkbox"/> Not near cars.	 <input type="checkbox"/> Not at night.	 <input type="checkbox"/> Not on steep hills.	 <input type="checkbox"/> Not on rough or wet areas.

Skateboarding Safety

Skateboarding can be a great way of getting out and having fun. Keep these safety tips in mind to make your skateboarding fun and injury free. Remember, kids under 7 do not have the skills to handle a skateboard safely.

Equipment		Age	
 <input checked="" type="checkbox"/> Correct size.	 <input checked="" type="checkbox"/> In good working order.	 <input checked="" type="checkbox"/> Not under 7.	 <input checked="" type="checkbox"/> 7 to 10 with adult supervision.
Protection			
 <input checked="" type="checkbox"/> Wear certified helmet.	 <input checked="" type="checkbox"/> Wear knee pads.	 <input checked="" type="checkbox"/> Wear elbow pads.	 <input checked="" type="checkbox"/> Wear wrist guards.
Learning			
 <input checked="" type="checkbox"/> Practise stopping.	 <input checked="" type="checkbox"/> Practise turning.	 <input checked="" type="checkbox"/> Control speed.	
Conditions			
 <input checked="" type="checkbox"/> Not near cars.	 <input checked="" type="checkbox"/> Not at night.	 <input checked="" type="checkbox"/> Not on steep hills.	 <input checked="" type="checkbox"/> Not on rough or wet areas.

