



Village of Fox Crossing Fire Department

Public Education Division

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Bicycle Safety

Riding on busier streets demands greater skills to avoid collisions. If children develop safe cycling skills and learn to follow the rules of the road, many collisions can be avoided. Some accidents, however, happen through no fault of the cyclist, so children must be taught to ride defensively and to wear helmets.

Bicycles on the roadway are, by law, vehicles with the same rights—and responsibilities—as motorized vehicles.

Bicycle helmets offer bicyclists the best protection from head injuries resulting from bicycle crashes.

Having a young child ride in a carrier increases the risk of injury by making the bike unstable and increasing braking time and distance.

Ensure that a child is correctly fitted for a new bike by ensuring the bike is not too large for him/her.

Bicycle Life Safety Tips

- ✓ A child that rides with companions that are wearing helmets or adults, in general, are more likely to wear a helmet.
- ✓ Compared to older children, younger children are more likely to wear helmets.
- ✓ Don't assume because you can see someone or a vehicle, that they can or will see you.
- ✓ Children have a peripheral vision about 1/3 narrower than adults have.
- ✓ Children have difficulty estimating the speed a vehicle is traveling.
- ✓ Never pressure a child to ride a two wheeled bicycle. Consider the child's coordination and desire to want to learn to ride.

Did you know...?

- ✓ In 2009, among children 14 and under, there were approximately 247,000 injuries involving bicycles and their accessories.
- ✓ Each month, 3 out of 4 children in the U.S. ride a bicycle.
- ✓ In 2009, approximately 47,000 non-fatal injuries among child cyclists were traffic related.
- ✓ On average, nearly 630 children are injured daily due to cycle related crashes.
- ✓ 40% of bicycle injury deaths in children are a result of severe head injuries.
- ✓ 85% of all head or brain injuries could have been avoided if cyclists wore bike helmets.
- ✓ 60% of children's injuries occur on minor roads—usually within one mile of home

Public Education: Our First Line of Defense!