

Tips for Rollerbladers and

Skaters

About one in seven fractures sustained by children are related to skateboarding, skating, or scooter riding. To protect yourself from injury, take these simple steps:

- Make sure you wear a helmet and protective equipment. Avoid riding in traffic.
- Avoid riding at night.
- Watch out for cars and pedestrians.
- Skate in designated areas only.
- Don't do stunts.
- Check out the helmet safety and fit tips in this



The Bicycle Helmet Law

CVC 21212. (a) A person under 18 years of age shall not operate a bicycle, a non-motorized scooter, or a skateboard, nor shall they wear in-line or roller skates, nor ride upon a bicycle, a non-motorized scooter, or a skateboard as a passenger, upon a street, bikeway, as defined in Section 890.4 of the Streets and Highways Code, or any other public bicycle path or trail unless that person is wearing a properly fitted and fastened bicycle helmet that meets the standards of either the American Society for Testing and Materials (ASTM) or the United States Consumer Product Safety Commission (CPSC), or standards subsequently established by those entities. This requirement also applies to a person who rides upon a bicycle while in a restraining seat that is attached to the bicycle or in a trailer towed by the bicycle.

Mission Statement

The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.



Helpful Websites!

- National Crime Prevention Council — www.ncpc.org
- Kids Health— www.kidshealth.org

To contact the Kern County Sheriff's Office:

Emergency: **9-1-1**
Non-Emergency: **(661) 861-3110**
Non-Emergency Outlying Areas: **1-800-861-3110**
Sheriff's Report Desk (Bakersfield only): **(661) 391-7471**

TEXT-A-TIP: KERNSHERIFF to 888777

WWW.NIXLE.COM

BICYCLE SAFETY



SAFETY TIPS FOR KIDS OF ALL AGES



This brochure is a publication of the
Kern County Sheriff's Office
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Bicycle Safety

Bike riding is a lot of fun, but accidents can happen. Every year, about 176,000 kids go to the emergency room because of bike accident-related injuries. Some of these injuries are so serious that children die, usually from head injuries. Here's what you can do to keep yourself safe and out of the hospital.

What's the Law?

The California Vehicle Code (and yes, bicycles are vehicles) says that any person under the age of 18 must wear a helmet while riding a bike. This includes small children riding in restraining seats or being pulled in child trailers. (See back for code specifications.)

Helmet Safety

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).



Fit:

- You don't want your helmet to be too small or too big.
- Never wear a hat or bandana under your helmet.
- Straps should always be fastened and the helmet should be snug enough that you can't pull or twist the helmet around on your head.
- Your helmet should cover your forehead.

TIP: Helmets come in all different colors, so you can choose your favorite color or decorate it with stickers, or both!! Reflective stickers are a great choice because they look cool and make you more visible.

Pointers for Safe Riding



- Pedestrians ALWAYS have the right-of-way at crosswalks.
 - You must ALWAYS obey traffic signal lights and highway signs.
 - Do NOT ride on sidewalks.
 - Ride in a bicycle lane when there is one.
 - Ride in the same direction as the cars are going, and as close to the right-hand side of the road as possible.
 - Do not carry another person on the handlebars.
 - Do not attach your self and your bicycle to a car or other motor vehicle.
 - Keep at least one hand on the handlebars.
 - Give the right of way to cars and pedestrians.
 - Your headlight must be turned on at all times when it is dark.
 - When riding with others, you should ride single file.
- (CVC 21200, 21202, 21204, 21205, 21207, 21208)

Hand Signs

Know your hand signals—and use them!



Do's of Bike Riding

- Keep your tires inflated.
- Make sure your headlight works and you have light reflectors.
- Test your brakes.
- Keep moving parts cleaned and lubricated.
- Make sure nothing can get caught in your bike chain. Things like pants and backpack straps can get caught and cause you to lose control.
- Watch traffic closely for turning cars and cars pulling out of drive ways.
- Stop at all stop signs and red traffic lights, just as cars do.
- Walk your bike through busy intersections.
- Get a new helmet if yours falls hard on the ground, even if it doesn't look broken.



Dont's of Bike Riding

- Don't ride on or off curbs, the shock can damage tires, rims, frames, or bearings.
- Don't ride if your tires are soft, worn out or damaged. Sudden tire failure can cause the loss of control and accidents.
- Don't do stunts.
- Don't ride double and don't hitch rides.
- Don't ride with headphones in both ears, you need to be able to listen through at least one ear for sirens, cars, etc.
- Don't leave your bike unlocked and unattended—it only takes a second to steal an unlocked bike.

