Bicycle Injury Prevention Checklist:

☐ Always wear a helmet that complies with US Consumer Product Safety Commission standards

☐ Helmets must fit properly (i.e. never purchase large helmets that children can “grow into”)

☐ Helmets must be worn properly

☐ Helmets should rest flat on the head

☐ Secure the chin strap so that the helmet fits snugly

☐ Helmets that have been through a crash should be discarded and replaced

☐ Always use a bicycle that is the correct size for you

☐ Maintain bicycle in good repair, and remember to check the breaks

☐ Stop and look both directions before turning on to a street

☐ Always watch for cars

☐ Walk bicycles across busy intersections

☐ Learn and obey all traffic rules, signs, and signals

☐ Use hand signals
  - Left arm straight out = left turn
  - Left arm bent up at the elbow = right turn

☐ Ride on the right side of the road

☐ Kids under 10 years of age should only ride on the sidewalk
☐ Be visible to cars by wearing bright clothing

☐ Use reflectors and lights at night

☐ Don’t carry large objects while riding

☐ One person per bicycle: no riding on handlebars

☐ Two hands on handlebars

☐ Do not use headphones while riding bicycles
Skateboard Injury Prevention Checklist:

☐ Always wear protective gear including a helmet, wrist guards, elbow pads, and knee pads

☐ Gloves can protect hands from scrapes

☐ Children under 5 years of age should not skateboard

☐ Children 6 - 10 years of age should skateboard only with close supervision

☐ Beginners should use skateboards with short decks and wide wheels

☐ Never skateboard in traffic

☐ Never hold on to moving vehicles while skateboarding

☐ Skateboard in skate parks

☐ Before skating, make sure the skateboard is in good working condition
In-Line Skate Injury Prevention Checklist

☐ Always wear protective gear including helmet, wrist guards, elbow pads and knee pads

☐ Gloves can protect hands from scrapes

☐ Beginners and intermediate level in-line skaters should use skates with 3 or 4 wheels. Skates with 5 wheels are only for advanced skaters

☐ Beginners should avoid hills

☐ Beginners should consider taking in-line skating lessons

☐ Avoid in-line skating in traffic

☐ Never hold on to moving vehicles while in-line skating

☐ Always skate at speed where you can maintain control

☐ Before skating, check for defective parts, and make sure break pads are in the proper position

☐ Do not in-line skate at night
**Scooter Injury Prevention Checklist**

- Children younger than 8 years of age should be closely supervised
- Always wear protective gear including helmet, knee pads and elbow pads
- Wear sturdy shoes when riding a scooter
- Avoid wrist guards because they make it difficult to grip handlebars
- Never use scooters on wet or sandy surfaces
- Find smooth pavement to ride scooters on
- Beginners should avoid hills
- Never use scooters at night
- Avoid using scooters in traffic
- One person per scooter
- Check breaks before riding scooters