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Keeping Kids Safe and Active

Walk Safe:

- Teach kids at an early age to look left, right and left again before crossing a road.
- Always walk with very young children when crossing roads, parking lots and traffic areas.
- Cross the street at corners, using traffic signals and crosswalks.
- Walk on sidewalks and pathways. If there are no sidewalks, walk facing traffic as far away from cars as possible.
- Keep phones down and heads up while walking.
- Make sure you can be seen when walking, look at the driver's face to make sure they see you before crossing in front of a car, wear bright clothing.

Bike Safe:

- Protect your head, wear a helmet. The 2V1 rule for helmet fitting: 2 fingers above eyebrows, straps from a "v" under ears, no more than one finger space between strap and chin.
- Check your ride. Make sure the bike is the right size for the rider, tires are inflated and brakes work well.
- Be prepared. Know the rules of the road.
- Stay on the right side of the road in the same direction as traffic. Bike in single file.
- Check your child's skill level before allowing them to ride by themselves on the road. This will depend on their experience, environment, development and age.
- Be seen and heard. Make sure drivers can see you at all times, wear bright clothing, use reflectors and a working bell.

Other Wheeled Activities:

- Wear the right helmet for activity. There are special helmets for skateboarding and longboarding.
- Always wear the gear: Wrist guards help prevent broken bones and sprains, elbow and knee pads should be worn for in-line skating.
- Be Seen.

Parachute Canada: <http://www.parachutecanada.org/>