

Bike Safety Courses

Choose a bike safety course and practice riding your bike. With an adult's supervision, use sidewalk chalk and cones to make the course in a safe area away from cars.

For safety purposes, avoid using the road for any of these activities.

You will need: Bike or Skate Helmet



Day 4

1. Helmet Fit

Check to make sure your helmet fits before starting the bike courses. Here are some helpful steps on fitting your helmet. There is also a short video you can watch too: <https://youtu.be/iZ4wWoChSe8>.



1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!



Contact Outreach:

Email: Outreach@southsnofire.org

Phone: 425-320-5800