Bike Safety Courses

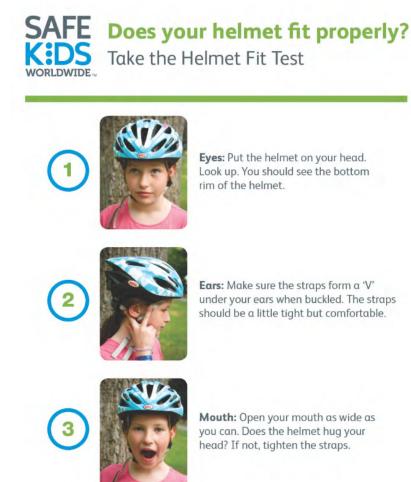
Choose a bike safety course and practice riding your bike. With an adult's supervision, use sidewalk chalk and cones to make the course in a safe area away from cars.

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

You will need: Bike or Skate Helmet

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: <u>https://youtu.be/iZ4wWoChSe8</u>.



Now you're ready to roll!



Contact Outreach: Email: Outreach@southsnofire.org Phone: 425-320-5800



Day 4