

Helmet Laws in California



- ☑ Section 21204 of the Vehicle Code will now require that all bicycle riders must ride upon a permanent seat (in other words, no "doubling up", riding on handle bars, etc.)
- ☑ Section 21212 was added to the Vehicle Code and will require that all youths under the age of 18 must wear a properly fitted and fastened bicycle helmet that meets ANSI or Snell standards when riding on any public street, bicycle path, or trail. Bicycle passengers in a child seat attached to the bicycle or in a trailer towed by the bicycle must also wear helmets.
- ☑ Effective January 1, 1996, violators will be cited and fined \$25 unless the person charged alleges in court, under oath, that this is the first charge against them for failure to wear a helmet.
- ☑ The parent or legal guardian of a minor violator shall be jointly and severally liable with the minor for the fine.
- ☑ A portion of the monies collected from fines will be distributed to the county health department of the county in which the violation occurred to be used for bicycle safety education and to assist low-income families obtain helmets; a portion of the fines will be returned to the City in which the violation occurred
- ☑ **Effective January 1, 2003 the California Bicycle Helmet Law for youth under the age of 18 has been extended to include:**

- ⇒ **Scoters**
- ⇒ **Skateboards**
- ⇒ **In-line Skates**

Bicycle Safety Word Search

Find the words in the alphabet soup below
We've circled one to help you get started



Bell	Safety	Light	Handlebars
Bicycle	Helmet	Pedal	Signal
Brakes	Horn	Right	Stretrider
Gear	Left	Swerve	SAFE KIDS

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ALAMEDA COUNTY EMS

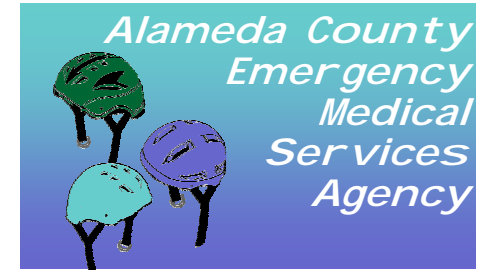
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Helmet & Bicycle Safety Program



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Helmet Fitting Guidelines

- ✓ The helmet should fit comfortably and securely.
- ✓ Do not buy a helmet your child will "grow into". (It should not be too large to block your vision or too small)
- ✓ It should be worn so that it is level on the head (not tilted back on the crown or pulled low over the forehead).
- ✓ You should not be able to move the helmet in any direction, back-to-front or side-to-side.
- ✓ The chin strap should be securely fastened.
- ✓ If needed, the helmet's sizing pads can help improve the fit.
- ✓ Get a new helmet if you have an accident - the helmet may have been damaged and may not protect you a second time

Does this helmet fit correctly?

List the things you see that are wrong

1. _____ 2. _____ 3. _____



3. Strap is not fastened

1 Too far forward - blocking vision

Check it out!



Examine your bike and place a check mark next to the safety features you have:

- Properly Inflated Tires
- Reflectors
- Working Brakes
- Working Light
- Helmet

Bicycle Safety Quiz

1. The law says you must always wear your helmet every time you ride.
 - True
 - False
2. When riding in the street you must follow all of the traffic rules that cars do.
 - True
 - False
3. You should always ride your bike on the left side of the road.
 - True
 - False
4. Always ride your bike against the traffic
 - True
 - False
5. Always ride single-file and never ride double on one bike.
 - True
 - False
6. Avoid riding a bike at night. If you must ride after dark, wear reflective clothes, and use lights and reflectors on your bike.
 - True
 - False
7. You should walk your bike when crossing a street in a crosswalk.
 - True
 - False

1. T 2. T 3. F 4. F 5. T 6. T 7. T

It's a Family Thing

Make Helmet Safety A Priority!

- Kids must wear a helmet when riding a bike, roller skating, skateboarding or riding a scooter
- If you are consistent, wearing a helmet will just be part of riding or skating

Set a Good Example!

- Everyone in the family should wear a helmet - no matter what their age

A HELMET CAN REDUCE THE RISK OF A HEAD INJURY BY 85%



Bicycle Hand Signals -

Use your Left Arm



Left Turn



Right Turn



Stop