

# KIDS & WHEELS!



**A GUIDE TO WHEEL SPORT SAFETY**

# Parent Tips For Wheel Sport Safety

## Learning To Be Traffic Smart

*Children in Kindergarten through Third Grade are learning to become independent. They enjoy walking, Wheel Sports, and playing outside. Children don't have the judgement to cope with traffic by themselves yet, but they can begin to understand safety rules.*

## What Parents Need To Know:

- Parents often think their children are able to handle traffic safely by themselves before they are ready.
- Children don't have the traffic skills to handle risky situations until they are at least 10 years old.
- Bicycles, scooters, rollerblades, and skateboards are all vehicles. Children should not play with any of these vehicles outside until they fully understand traffic rules and show that they are able to follow them.
- More than 60% of childhood Wheel Sport related fatalities occur on small neighborhood roads and streets.
- Children can be hurt playing on or off the street. Many children killed in accidents are 7 to 12 years old.
- The most serious injuries children suffer while playing on wheels are head and brain injuries.
- Head injuries can cause death or lifelong disability.

**Young Children Are NOT Small Adults!** Children often act before thinking and may not do what parents or drivers expect of them. They assume that if they can see the driver of a car, the driver can also see them. Children are shorter than adults and can't see over cars, bushes, and other objects. They can't judge speed and may think cars can stop instantly.

## What Parents Can Do:

**Set Limits For Your Child.** As your child grows, set appropriate limits on where they can walk or play safely. Don't expect them to be responsible or to behave safely until at least the age of 10.

**Find Safe Places For Playing And Walking.** Find places away from streets, driveways, and parking lots. Good choices are fenced yards, parks, or playgrounds.

**Set An Example Yourself.** Young children learn by watching their parents and other adults. Teach your child safe walking habits by giving them plenty of chances to practice when you are with them. Cross streets properly and always wear a helmet when you play a Wheel Sport. When you are driving, obey speed limits and watch for children.

**Start Out Safely.** Wearing a helmet is the most important way for your child to stay safe. A helmet can reduce the risk of head injury by 85% when worn correctly. Choose a helmet that meets current safety standards.

- Make sure the helmet covers the upper part of the forehead and sits level on your child's head.
- Use the foam pads inside to fit the helmet so it doesn't slip around.
- Adjust the chin strap tightly enough so the helmet pulls down when the child opens his or her mouth.

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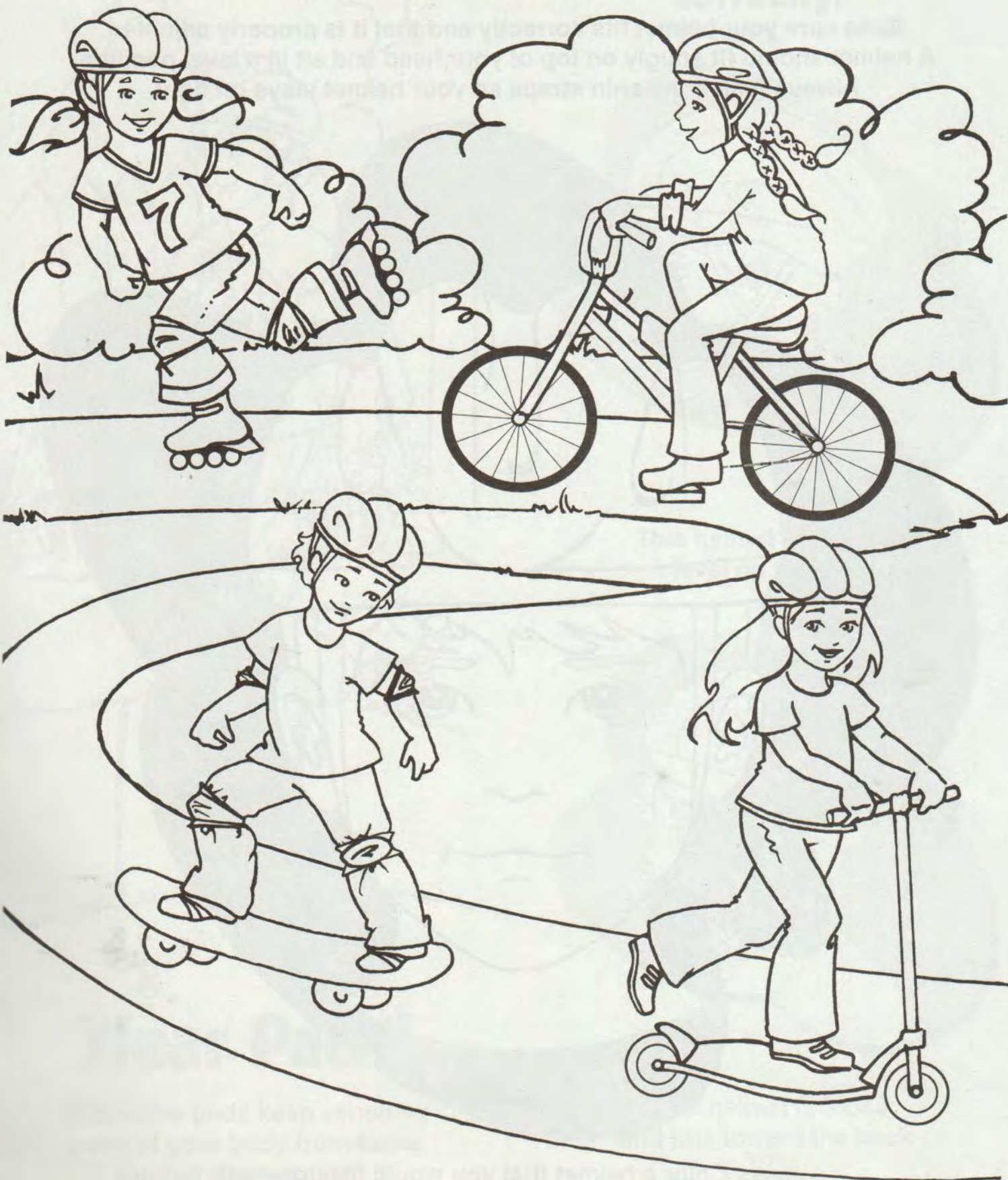
Illustrated By: Tamara Tyriver

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# Wheel Sports are FUN!

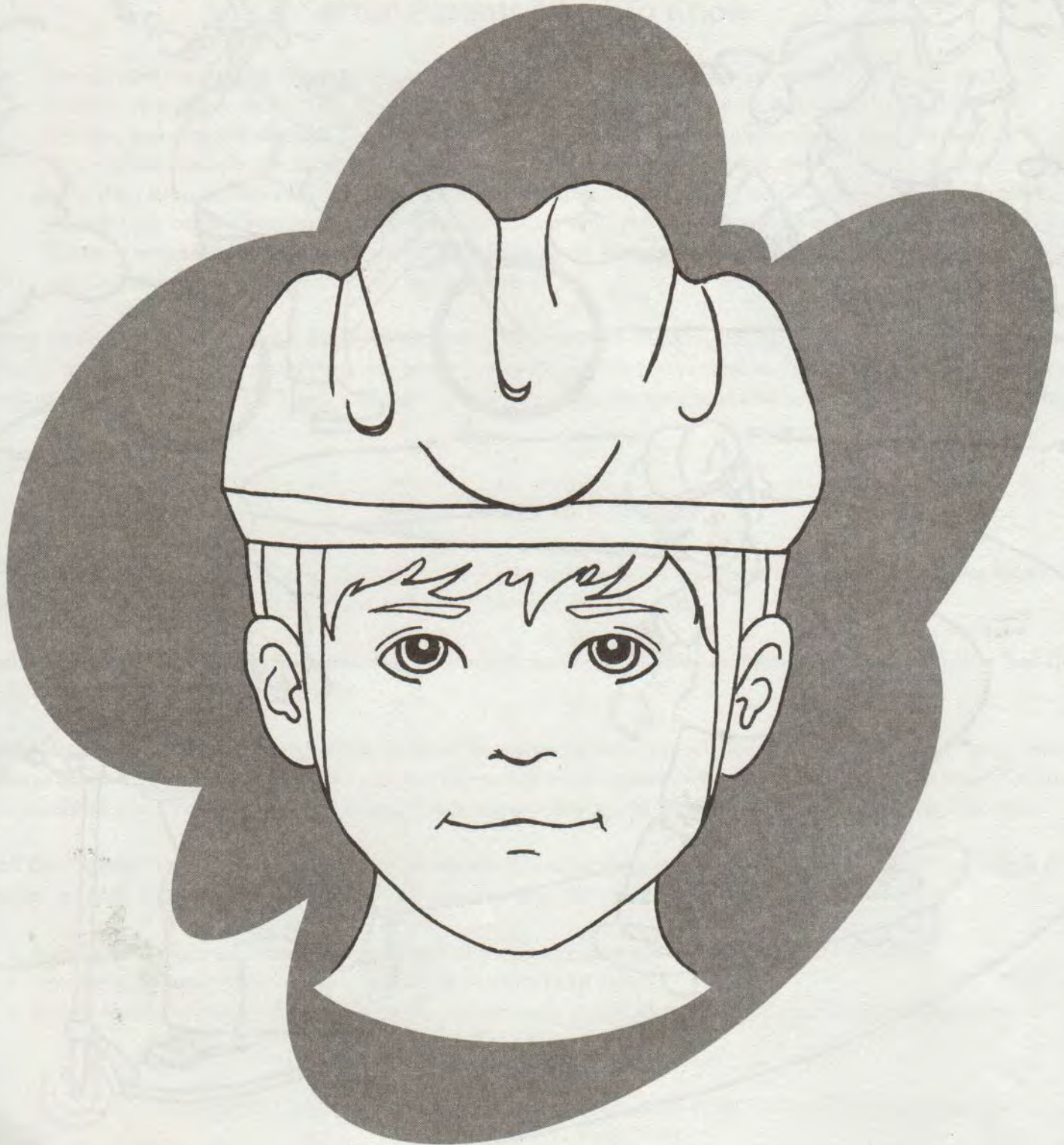
But sometimes accidents happen. It is important to know and follow the rules when you play on wheels to keep you and others around you safe.



# Wear a Helmet!

The most important Wheel Sport safety measure is to avoid crashes. It is just as important to wear a helmet to help you survive accidents if you have one.

Make sure your helmet fits correctly and that it is properly adjusted. A helmet should fit snugly on top of your head and sit in a level position. Always fasten the chin straps so your helmet stays on tight.



Color a helmet that you would like to wear!

**Circle the boy  
that is wearing his helmet  
correctly!**



**This helmet is snug and  
level on the head.**



**This helmet is loose  
and tips toward the back.**

## **Wear Pads!**

**Protective pads keep sensitive  
parts of your body from being  
injured when you fall.**

# What to Wear

Wear bright colors when you play. If other people can see you clearly, they are less likely to accidentally run into you.

Wear fitted clothing and tie up any loose items like backpack straps or shoelaces. Loose items can get caught in your chain, spokes or on objects that you are passing.

Never wear headphones while playing a Wheel Sport. You need to hear what is going on around you so you can avoid accidents and injury.



Color a bright outfit for you and your friend to wear while playing your favorite Wheel Sport!

# Wheel Sports Word Find

Circle the words in the word search below.



R	O	L	L	E	R	B	L	A	D	E	S
A	X	D	F	W	H	S	B	S	R	V	I
R	B	C	U	N	E	D	H	C	A	Y	S
S	I	G	N	A	L	N	E	O	O	T	P
L	C	F	O	Y	M	E	U	O	B	E	A
E	Y	B	A	G	E	I	M	T	E	F	D
E	C	P	V	S	T	R	E	E	T	A	S
H	L	W	T	F	T	F	Z	R	A	S	J
W	E	S	I	D	E	W	A	L	K	O	Q
E	Q	P	L	A	Y	L	Y	K	S	H	A

Bicycle

Pads

Sidewalk

Fast

Play

Signal

Friends

Rollerblades

Skateboard

Fun

Safety

Street

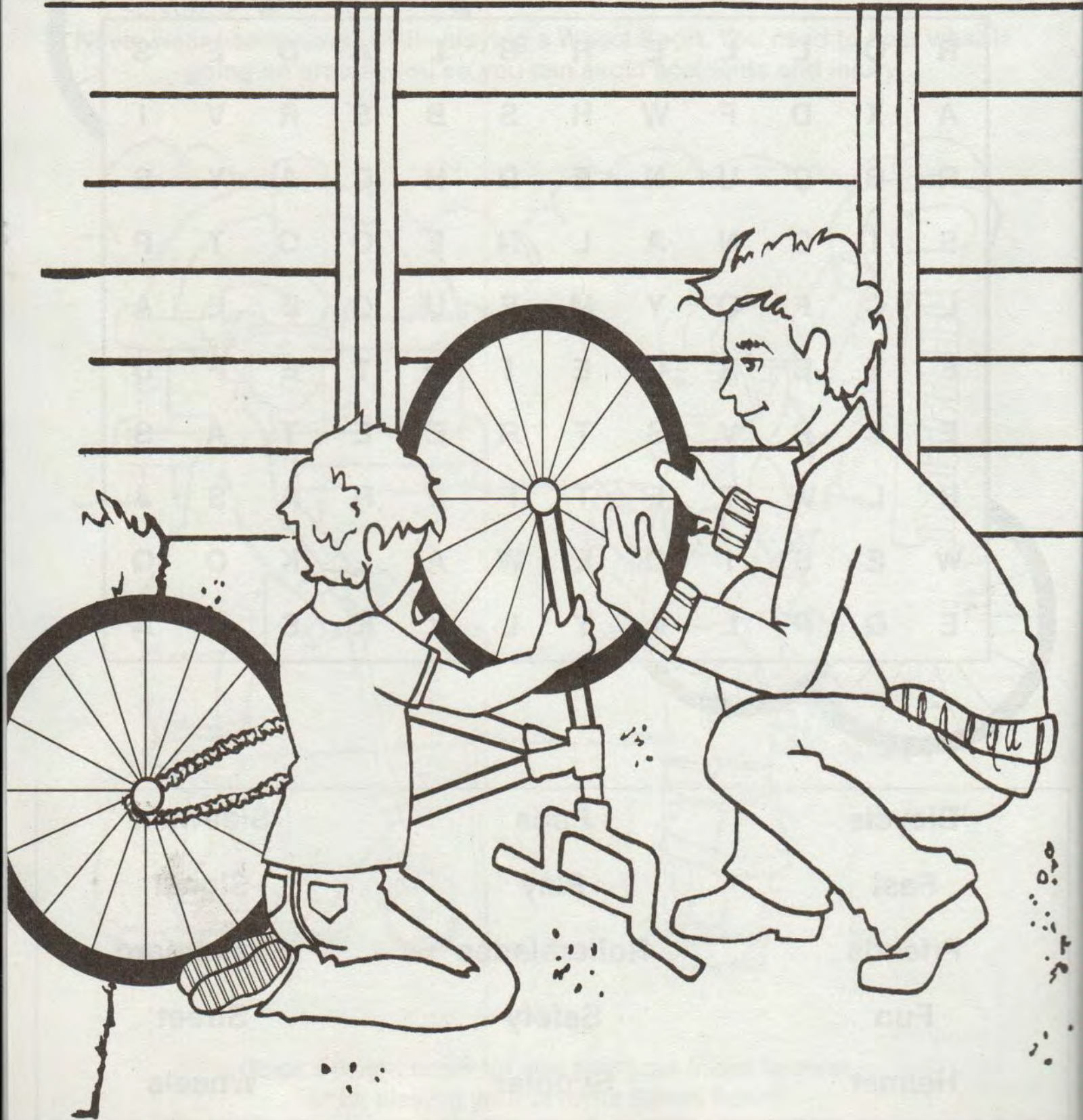
Helmet

Scooter

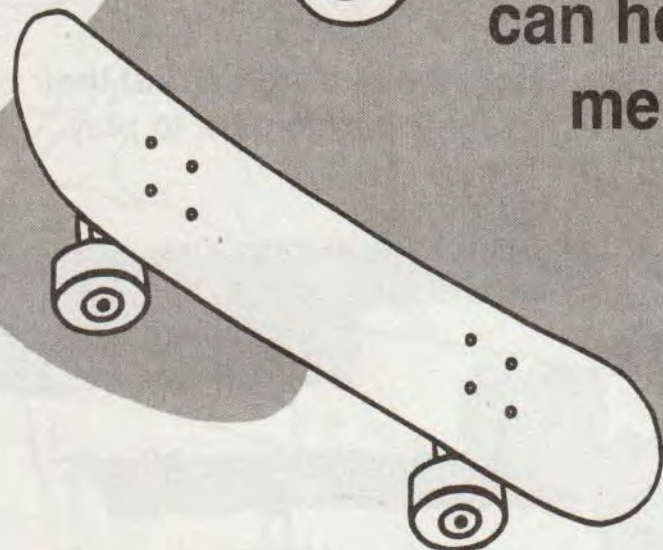
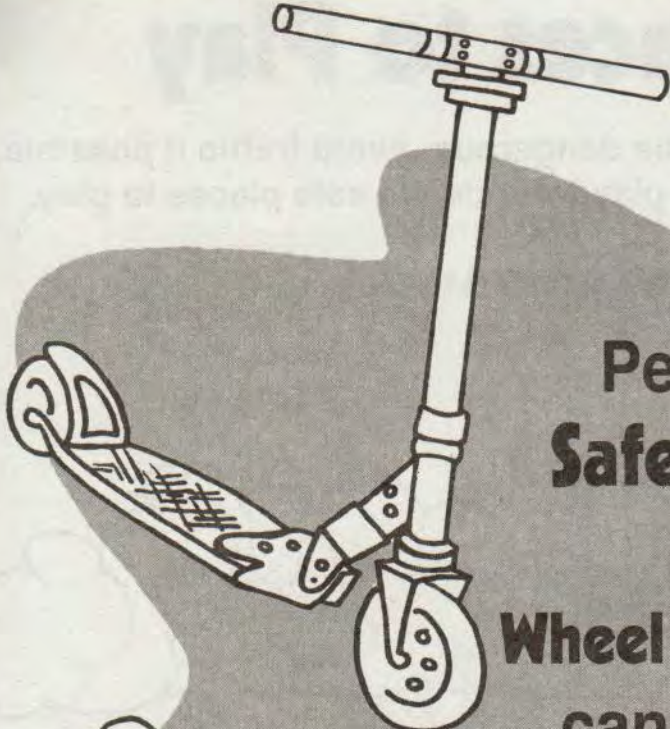
Wheels

# Safety Checklist

Before you play on wheels, make sure your Wheel Sport Vehicle is ready for you to ride safely. Ask an adult to help you perform a "safety check" to make sure your equipment is in good condition.







**Performing  
Safety Checks  
on my  
Wheel Sport Vehicle  
can help keep  
me safe!**

**Bicycle**

- Seat is secure, not wobbly
- Handlebar grips are secure
- Tires are properly inflated
- Reflectors are clean and secure
- Brakes work smoothly and quickly
- Chain is well oiled and tight

**Skateboard**

- Wheels and screws are secure
- Worn wheels and grip tape have been replaced

**Rollerblades**

- Buckled tight to fit snug
- Wheels and brakes are secure
- Worn wheels and brakes have been replaced

**Scooter**

- Wheels and screws are secure
- Handlebar grips are secure
- Worn wheels and grip tape have been replaced

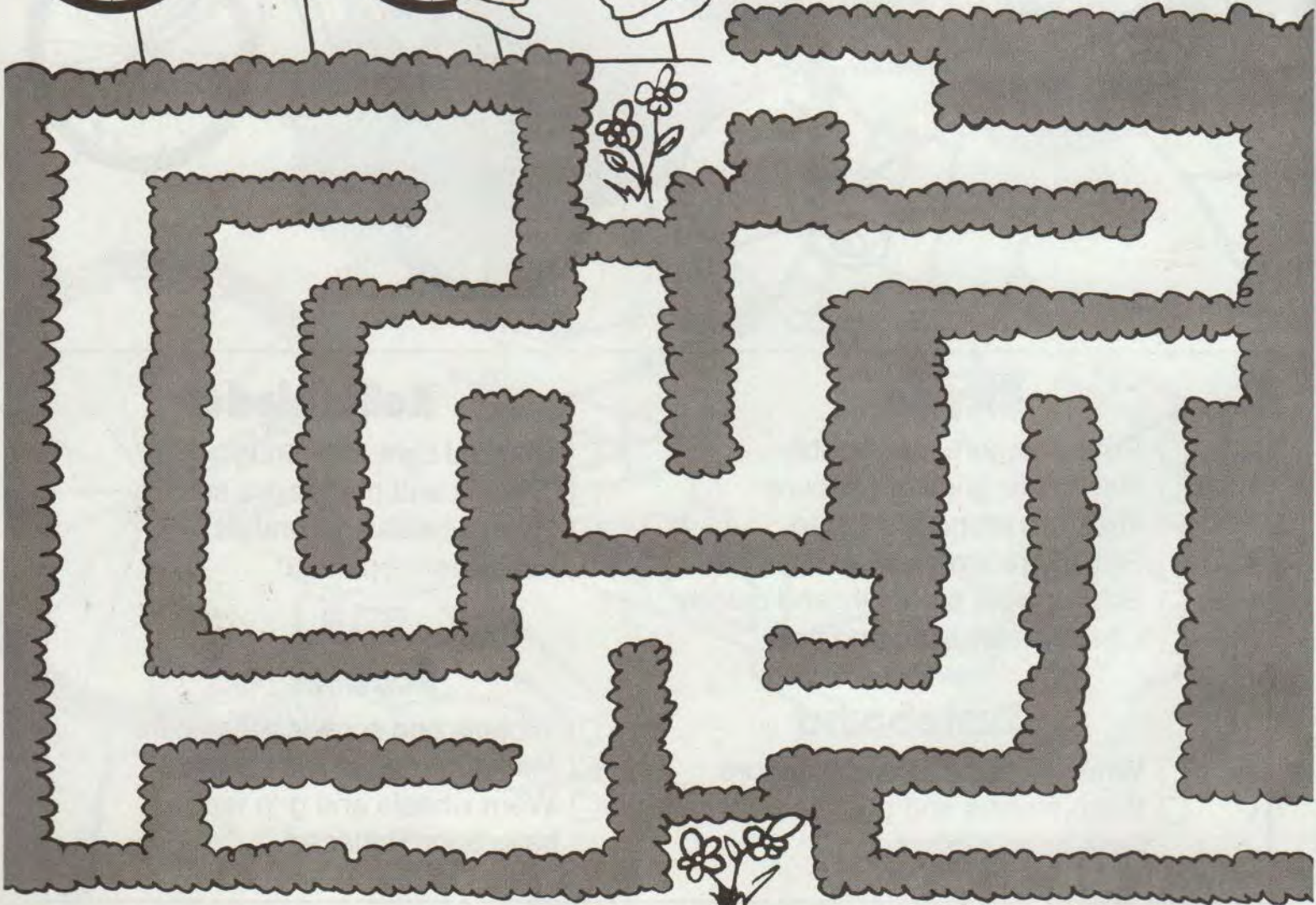
# Choose Safe Places to Play

Playing Wheel Sports on or near the street can be dangerous. Avoid traffic if possible. Recreational parks, skate parks, bike parks & playgrounds are safe places to play.

Ask your parents where you are allowed to play.



Help these children find their way to a safe park to play.





# Hand Signals

TURNING RIGHT

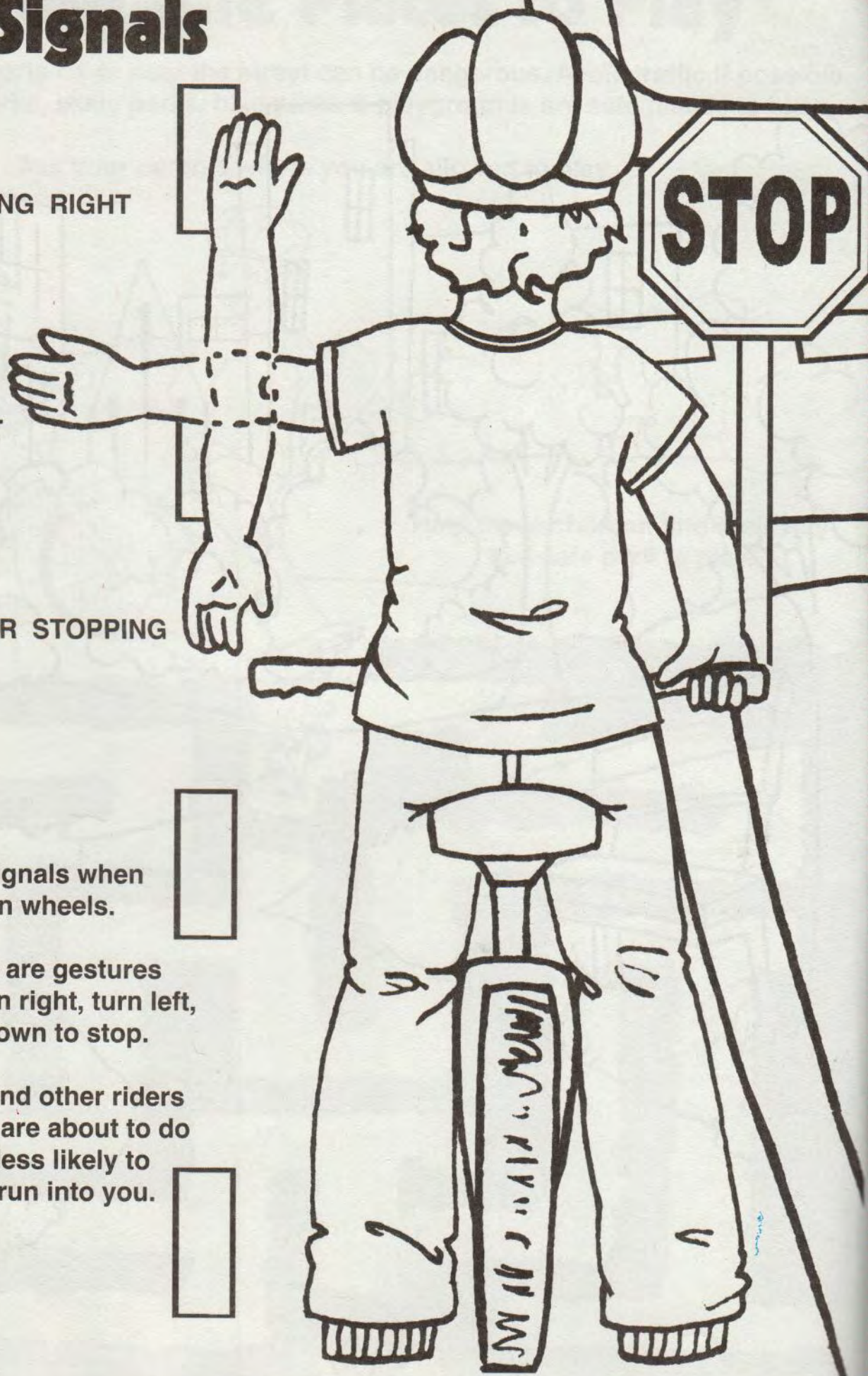
TURNING LEFT

SLOWING OR STOPPING

Use hand signals when playing on wheels.

Hand signals are gestures you make to turn right, turn left, or to slow down to stop.

When drivers and other riders know what you are about to do they will be less likely to accidentally run into you.



# Traffic Signs

Know and obey traffic signs.  
Traffic signs help to warn and direct  
people who are walking, driving and even  
people playing on wheels.  
Traffic signs help keep everyone safe.

Draw a line to connect each sign  
with its safety message.



## Bike Route

Use the bike lane  
or bike route available.

## Yield

Slow down, be ready  
to stop for other traffic.

## Railroad Crossing

Tracks are near,  
watch for trains.

## One Way

Only go the direction  
the arrow is pointing.

## Do Not Enter

You can't go this way,  
do not go down this street.

## Traffic Light

Red is stop, Yellow is caution,  
Green is go.

## Stop Sign

Stop, look both ways,  
continue when safe.

## Construction Sign

Roads are uneven or unfinished.  
It is not safe to play here.

## WALK

You can cross the street  
in this direction.

## DON'T WALK

Don't cross until  
the sign changes to "Walk".

# Rules of the Road

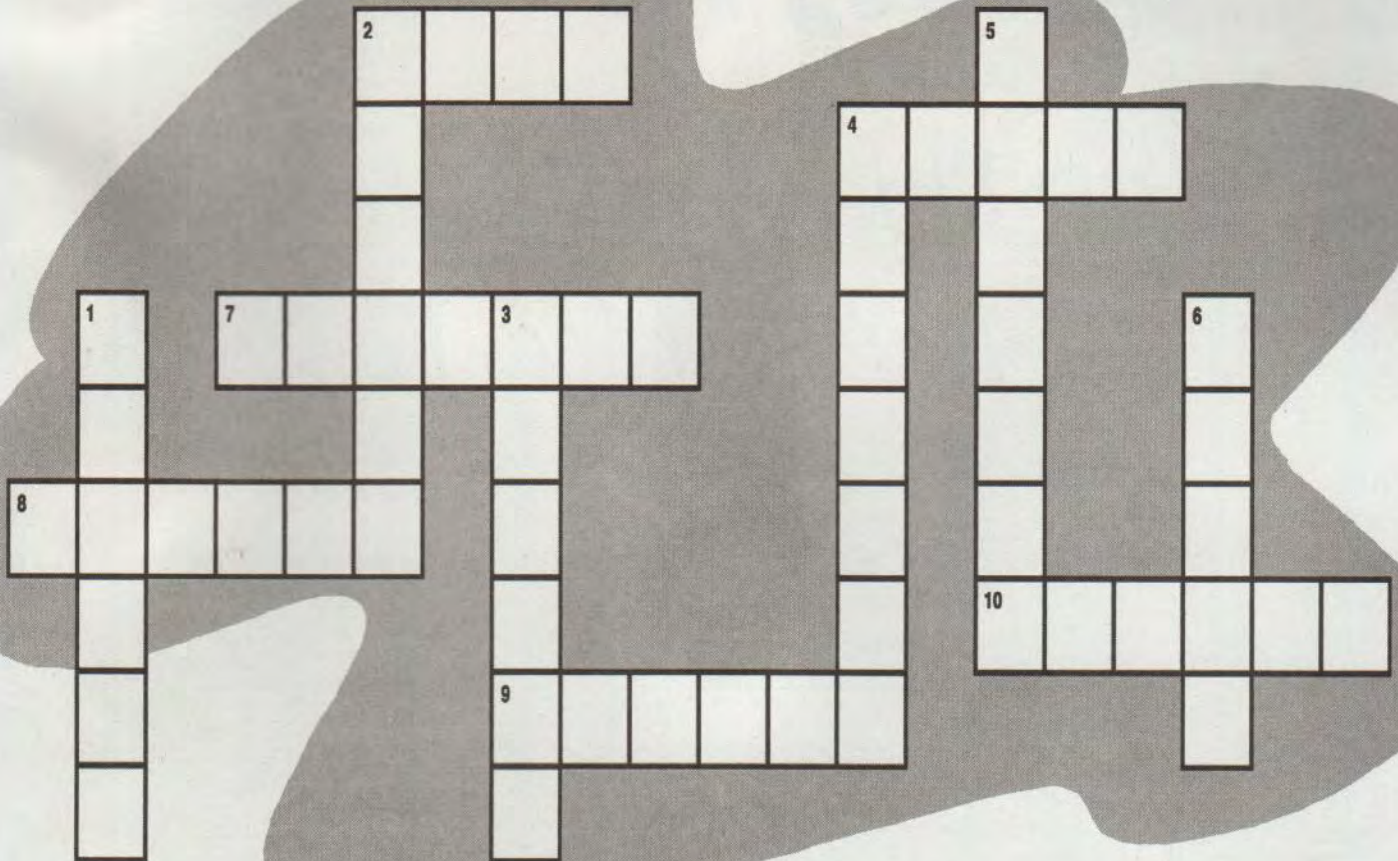
Following the Rules of the Road can help you avoid accidents and stay safe.



- Ride on the **RIGHT-HAND** side of the street. **NEVER** ride against traffic.
- Use bike lanes or bike routes if possible.
- Stop and look for traffic in **BOTH** directions when you leave your driveway, an alley or a curb.
- Always watch for cars! Remember, just because you can see a car does **NOT** mean the driver can see you.
- Don't ride near parked cars – car doors can open suddenly and hit you!
- Obey all signs and traffic signals just as cars do.
- Be extra careful at intersections.
- Walk across busy intersections using crosswalks and following traffic signals.
- It is fun and safer to bike with your friends, but remember to always ride single file on the street.
- When passing others on the street, always pass to their left side and call out "On your left!" so they know that you are there.

# Play it Safe!

Use the information you have learned to complete the crossword puzzle!



## DOWN

1. It's fun to play on \_\_\_\_\_!
2. Wear \_\_\_\_\_ clothing so others can see you easily.
3. Walk your Wheel Sport Vehicle \_\_\_\_\_ streets and intersections.
4. Ask your \_\_\_\_\_ where you are allowed to play.
5. Always play together with \_\_\_\_\_. It is not safe to play alone.
6. Always follow the \_\_\_\_\_ of the road.

## ACROSS

2. Look \_\_\_\_\_ ways before crossing streets and intersections.
4. Playgrounds and \_\_\_\_\_ are safe places to play.
7. Use hand \_\_\_\_\_ when turning and stopping.
8. Always wear a \_\_\_\_\_ to protect your head.
9. Rollerblading, skateboarding, and bicycling are all Wheel \_\_\_\_\_.
10. Wheel Sport \_\_\_\_\_ is important!

# Safety First Kid!

*This Certificate  
Is Awarded To*

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*For Learning Wheel Sport Safety Measures  
& Playing Safely On Wheels!*

On The \_\_\_\_\_ Day Of \_\_\_\_\_ Of The Year \_\_\_\_\_

By \_\_\_\_\_