BIKE HELMET SAFETY CHECK

RIDE SAFE and have fun!

Level & Low
Your helmet is no more than one or two fingers above your eye brows.

Side Straps
The "V" where the front and rear straps come together, is just below your ear.

Chin Strap
You can squeeze two fingers between the strap and your chin.

CHECK YOUR HEAD!
Always wear your Helmet
Vancouver has a helmet law. Both adults and children are required to wear a helmet when riding a bicycle in a public area.

Be sure you can be seen
If your riding after dark, Always have a white light on the front and a red reflector on the back.

Riding on the streets or sidewalks
When your riding on the street, ride like a car and always signal. If you’re on the sidewalk, ride like a person walking, and watch for other people and cars making turns.

Bike Clark County
Education. Advocacy. Adventure.

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Learn more about Bike Clark County at: www.bikeclarkcounty.org