



Elan Esprit Preschool Information Letter - Bike Helmets

To: All families

Students are required by law to wear bike helmets when riding a 2-wheel bike with or without training wheels.

Not all bike helmets sold are safe. If a helmet does not fit the head correctly, it is not safe. If it is not put on correctly, it will not protect your child properly.

Here are some points to consider when purchasing or fitting a bike helmet on a child:

- The helmet should sit on the child's head so that the front rim is just above the eyebrows. If the helmet rests on the back of the head, the forehead, nose and chin will be exposed.
- Before buckling the chin strap, have children shake their head from side to side. The helmet should generally stay put. If it moves excessively, it's too big and won't protect the head no matter how tight the chin strap is pulled.
- When the chin strap is buckled, children should be able to open their mouth and feel the helmet press firmly against the top of their head.
- Buy a new helmet. Helmets that have suffered even a single fall or have been exposed to heat for a long time (i.e., kept in the trunk of a car) lose the cohesion that keeps the helmet intact during impact.
- Find the smallest helmet shell size that fits over the child's head.
- Helmet pads should not be used to make a helmet that is too big fit the head.
- Leave about 1-2 fingers width between the eyebrows and the front of the helmet.
- The side straps need to fit around their ears in a "V" shape so the helmet will not slide too easily forward, covering the eyes, or backward exposing the forehead.

The helmets that have an inner section that can be adjusted to fit the child's head are best. Another good helmet can be the kind that looks like a cap. Although this style is good, it doesn't fit many of the kid's heads correctly—so it is only good if a correct fit.

Do you know the correct way to wear a helmet?

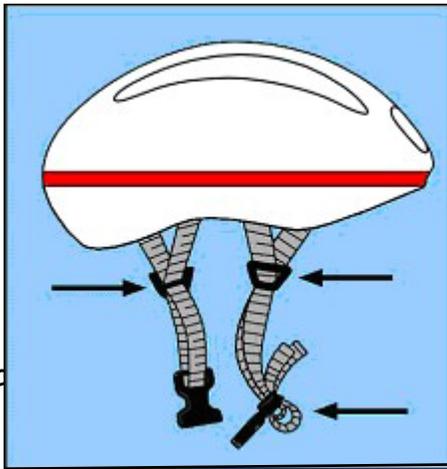


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