

Bicycle Injury Prevention Checklist:

- Always wear a helmet that complies with US Consumer Product Safety Commission standards
- Helmets must fit properly (i.e. never purchase large helmets that children can “grow into”)
- Helmets must be worn properly
- Helmets should rest flat on the head
- Secure the chin strap so that the helmet fits snugly
- Helmets that have been through a crash should be discarded and replaced
- Always use a bicycle that is the correct size for you
- Maintain bicycle in good repair, and remember to check the breaks
- Stop and look both directions before turning on to a street
- Always watch for cars
- Walk bicycles across busy intersections
- Learn and obey all traffic rules, signs, and signals
- Use hand signals
 - Left arm straight out = left turn
 - Left arm bent up at the elbow = right turn
- Ride on the right side of the road
- Kids under 10 years of age should only ride on the sidewalk

- Be visible to cars by wearing bright clothing
- Use reflectors and lights at night
- Don't carry large objects while riding
- One person per bicycle: no riding on handlebars
- Two hands on handlebars
- Do not use headphones while riding bicycles

Skateboard Injury Prevention Checklist:

- Always wear protective gear including a helmet, wrist guards, elbow pads, and knee pads
- Gloves can protect hands from scrapes
- Children under 5 years of age should not skateboard
- Children 6 - 10 years of age should skateboard only with close supervision
- Beginners should use skateboards with short decks and wide wheels
- Never skateboard in traffic
- Never hold on to moving vehicles while skateboarding
- Skateboard in skate parks
- Before skating, make sure the skateboard is in good working condition

In-Line Skate Injury Prevention Checklist

- Always wear protective gear including helmet, wrist guards, elbow pads and knee pads
- Gloves can protect hands from scrapes
- Beginners and intermediate level in-line skaters should use skates with 3 or 4 wheels. Skates with 5 wheels are only for advanced skaters
- Beginners should avoid hills
- Beginners should consider taking in-line skating lessons
- Avoid in-line skating in traffic
- Never hold on to moving vehicles while in-line skating
- Always skate at speed where you can maintain control
- Before skating, check for defective parts, and make sure break pads are in the proper position
- Do not in-line skate at night

Scooter Injury Prevention Checklist

- Children younger than 8 years of age should be closely supervised
- Always wear protective gear including helmet, knee pads and elbow pads
- Wear sturdy shoes when riding a scooter
- Avoid wrist guards because they make it difficult to grip handlebars
- Never use scooters on wet or sandy surfaces
- Find smooth pavement to ride scooters on
- Beginners should avoid hills
- Never use scooters at night
- Avoid using scooters in traffic
- One person per scooter
- Check breaks before riding scooters