

## Stay Safe On Your Bike!

As you may know, we provide Bikeability (cycle) training but we have noticed that many pupils do not wear a cycle helmet. Whilst there is not a legal requirement to wear a helmet, many bicycles are purchased over the festive season. We thought that if people are purchasing a helmet, this should be the correct size, standard and that it fits correctly.

If you are buying a cycle helmet this festive season, ensure it has a minimum standard of BS EN1078, you may also find a helmet with an American based standard (Snell Foundation B90) which is a substantially stronger standard.

There are many online guides and videos which tell you how to fit a helmet, here are a few which you may find useful;

<http://www.cyclingweekly.com/cycling-weekly/best-kids-bike-helmets-a-buyers-guide-330213>

<http://www.halfords.com/advice/cycling/expert-advice/finding-the-right-size-kids-helmet>

<https://www.britishcycling.org.uk/knowledge/article/izn20140519-All-Cycling-Buying-and-fitting-a-helmet-0>

There is also an article from Road Safety GB which you may find interesting <http://www.roadsafetygb.org.uk/news/5992.html>

Many thanks from the Road Safety Team.