



Improving Lives Through Bicycling

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Dear Parent/Guardian,

Cascade Bicycle Club is partnering with your child's school to bring our bicycle and pedestrian safety education program to students in the upper elementary grades. A fleet of bikes will arrive at the school soon and students will participate in a three-week program in their P.E. class where they will learn important safety skills, whether walking or rolling. All instruction will occur in a managed environment and will be taught by your child's physical education teacher.

The program is aligned with state physical education standards and intends to:

- instill the joy of walking and rolling, while encouraging bicycling and walking as everyday transportation and recreation
- increase safe behavior and decrease injury while walking and rolling
- understand basic traffic safety and rules of the road
- increase confidence on a bike and gain better bike handling skills
- instill a sense of self-responsibility with regard to safety and respect for other street and trail users

Students will also learn how to properly fit a bike helmet as part of this program. We've partnered with Seattle Children's Hospital to provide some guidelines on the next page on helmet fit so that you can make sure that everyone in the household has the tools to reduce injury by wearing a properly fit helmet.

Walking and biking are some of the easiest ways for elementary school students to practice healthy lifestyle choices and to become even more connected to their community. A growing body of research suggests that physical activity increases cognitive ability--this means that when students walk and bike to school, they arrive awake and ready to learn!

**We are excited to bring this program to your school, and to encourage both students and their families to be active together. To learn more about the broader work of the Cascade Bicycle Club, which includes advocacy, major rides and events, and volunteer opportunities, visit [cascade.org](http://cascade.org).**

Happy riding!

Cascade Bicycle Club

Wearing a helmet can prevent about 85% of head injuries from bike crashes. However, a helmet will only protect when it fits well. Help your child get in the habit of wearing a helmet by starting when they're young. Be a good role model and wear a helmet yourself.

### Helmet Basics

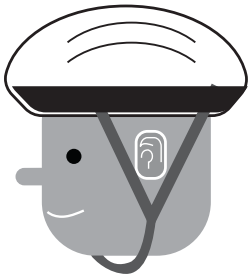
- For biking or riding a scooter, look for a CPSC (U.S. Consumer Product Safety Commission) or Snell sticker inside the helmet. Check the inside of the helmet for the date of manufacturing. The helmet should be no more than 5 years old. All of the helmets provided by Cascade for this unit meet these standards.
- If there are any visible cracks or defects, discard and replace the helmet.
- If the helmet has been in a major crash, throw it away and replace it. Bike helmets are good for only one crash.

## Helmet Fit



### Eyes

Helmet should be level and cover your upper forehead. You should be able to fit no more than one or two fingers between your eyebrows and the brim of the helmet. Once the helmet is level, turn the dial at the back of the helmet to snug up the inner band to prevent helmet from wiggling side-to-side. If there's no dial, use thicker fit pads where there is space at the front, back and/or sides of the helmet to get a snug fit. Move the pads around to touch your head evenly all the way around.



### Ears

Helmet side straps should meet to form a "Y" just below your earlobes.



### Mouth

Chin strap should be buckled and snug below your chin, so that no more than one or two fingers fit under the strap. If you open your mouth wide, you should feel the helmet pulling down on the top of your head.