

Bicycle Safety

Keeping active is important for children and adults and biking can be great fun and fantastic exercise. **However it is important to remember to protect your head.** New Jersey state law requires that all **children aged 17 and younger must wear a helmet** when biking, skating, or rollerblading.

Did you know that 90% of biking fatalities would be prevented if everyone wore a bike helmet? **Adults should wear helmets,** too even though the law doesn't mandate it. An adult's head can be injured just as severely as a child's if not protected by a helmet. Your children count on you to be there for them and protecting your head keeps you safe and sets a great example for your child!