



A Letter to Families About SAFETY TO GO

Dear Families, Wheels and warm weather go hand-in-hand. But before you head outdoors to enjoy your favorite wheeling-around activities, use this quick resource to make sure you're geared up and set to roll into a safe, smooth summer.

GEAR UP FOR SAFETY: Use this chart to make sure you wear the recommended safety gear for your favorite activity.

GEAR				
Helmet	✓	✓	✓	✓
Kneepads		✓	✓	✓
Elbow Pads		✓	✓	✓
Wrist Guards		✓	✓	
Closed-toe Slip-resistant Shoes	✓	✓		✓

MIND YOUR MANNERS

A little courtesy can prevent collisions and injuries with pedestrians and other wheeled riders. Here are a few pointers.

- Keep a safe distance from and yield to pedestrians.
- Travel on the right, pass on the left.
- Announce your intention to pass when coming from behind.
- Avoid wearing headphones.

EQUIPMENT CHECKLIST: Make sure equipment is in tip-top shape to reduce accidents and injuries. Always check for the following:

Bicycle

- Handlebars and seat are at appropriate height for rider
- Wheels are in good condition and have adequate air pressure
- Chain is oiled and fits properly

Skateboard

- Board is free of broken parts
- Top surface is slip-proof
- Wheels and bearings are in good condition

Scooter

- Steering tube extension and handlebars are secure
- Scooter is free of sharp edges
- Wheels are in good condition

Roller Blades

- Skates fit properly
- Wheels are secure
- Brake pads are not worn out