

Bicycle Safety Resources 2010
Bicycle Safety Week – Got Wheels? Get a Helmet!
May 31 – June 5, 2010

Brochures / Fact Sheets / Handouts

How to Choose a Bicycle Helmet for Your Child leaflet (4-201) – please download from our website

Provides information on the standards for helmets, types of helmets, and how to adjust a helmet.

Bicycle Safety leaflet (4-202) – please download from our website

Outlines some rules of the road and general tips to help you avoid injury while cycling.

Safe Cycling with Sam brochure (4-212)

A cartoon brochure on safe cycling aimed at children. Helmet use, bike rules, and skills are reinforced.

Gotta Brain? Getta Helmet info card (4-220)

Tells the story of David who received a head injury while bicycling, includes a picture of his injuries and a picture of him now. It also has a helmet structure checklist and a helmet fit checklist.

Wheel Safety (online only)

http://shop.preventioninstitute.sk.ca/product_info.php?cPath=8_13&products_id=317

A fact sheet which provides safety information for children who are blading, biking, boarding, or scootering.

Bicycle and Wheel Safety Kits (available through the Acquired Brain Injury Project)

Facilitates teaching bicycle safety including lesson plans, handouts, videos, posters, and props.

<http://www.health.gov.sk.ca/abi-partnership>

<http://www.health.gov.sk.ca/acquired-brain-injury>

Guides

Organizing a Bike Rodeo guide (4-217) – please download from our website

Municipal Bicycle Bylaw Development Guide (only available on-line)

Posters

Safe Cycling with Sam (4-213)

Features a cartoon illustrating the four main safety messages for cycling.

Wear Your Helmet on Every Ride (4-218)

Shows pictures of children wearing helmets while bicycling in a variety of situations and locations.

Videos for Loan

Bike Safety with Bill Nye the Science Guy, 1996

Length: 16 minutes Audience: K-8 and Adults

Someone Else: Bicycle Safety for Intermediate

Length: 10 minutes Audience: Pre-Teens & Teenagers Grades, 1998

Wheel Safety, 2003

Length: 16 minutes Audience: Children

Brain Communication with Bill Nye the Science Guy, 1995

Length: 50 minutes Audience: Grades 3-10

Videos may be borrowed from the Prevention Institute's library on a first come first serve basis. A maximum of three titles may be borrowed for a two week period.

Websites

Saskatchewan Prevention Institute

http://www.preventioninstitute.sk.ca/home/Program_Areas/Childhood_Injury_Prevention/Bicycle_Safety/

Saskatchewan Prevention Institute Resource Shopping Cart

http://shop.preventioninstitute.sk.ca/index.php?cPath=8_10

SGI

http://www.sgi.sk.ca/sgi_pub/road_safety/bicycles.htm#helmet

Safe Kids Canada

<http://www.safekidscanada.ca/SKCForPartners/section.asp?s=Safe+Kids+Week+2010&SID=26074>

- Register as a partner for Safe Kids Week 2010 to receive access for a discounted helmet price through Bell helmets.

Think First Canada

<http://www.thinkfirst.ca/programs/brainday.aspx>

Health Canada

http://www.hc-sc.gc.ca/cps-spc/alt_formats/hecs-sesc/pdf/pubs/cons/skates-patin-eng.pdf