



# FOLLOW THE LEADER

## WHEELED SPORTS SAFETY

### Parents: Keep Safety on the Brain!

- ✓ Always wear a properly fitted helmet that meets the United States Consumer Product Safety Commission (CPSC) standards when cycling, skating, skateboarding or scooting.
- ✓ Wear the right gear in addition to a helmet! For skating and skateboarding, kids should wear properly fitting knee pads, elbow pads and wrist guards. For scooting, kids should wear properly fitting knee pads and elbow pads.
- ✓ Inspect bicycles to make sure they are the appropriate size, with secure reflectors, working brakes, smoothly shifting gears and tires that are secured tightly and properly inflated.
- ✓ Incorporate retroreflective material into clothing, footwear, accessories, the wheeled vehicle or all of these, especially at dusk and dawn or when weather is bad. Use both lights and reflectors on bikes.

### Teach Your Children to:

- ✓ Wear helmets correctly – centered on top of the head and always strapped and buckled. A helmet should be snug and not rock back and forth or side to side.
- ✓ Never ride when it's dark.
- ✓ Always cycle, scoot or skate on sidewalks, paths, driveways or other designated areas, if they are under age 10.
- ✓ Ride with traffic flow and as far to the right as possible.
- ✓ Always obey traffic signals and lights.
- ✓ Look back and yield to traffic coming from behind before turning left. Use appropriate hand signals to alert cars and pedestrians when turning left or right.
- ✓ Many locations have bicycle education classes that teach children proper riding and traffic skills. To learn more, go to [www.safekids.org](http://www.safekids.org) or [www.bikeleague.org](http://www.bikeleague.org).

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**Visit [www.safekids.org](http://www.safekids.org) for more information!**



# FOLLOW THE LEADER

## CHILD PASSENGER SAFETY

### Parents: Buckle Up!

- ✓ Restrain all children ages 12 and under in a back seat.
- ✓ Keep infants in rear-facing child safety seats as long as possible and at least until 1 year of age and 20 pounds of weight. Many convertible child safety seats allow infants to ride rear-facing until they reach weights as high as 30 or 35 pounds.
- ✓ Place children over 1 year of age and weighing 20 to 40 pounds, who are no longer able to ride rear-facing, in forward-facing child safety seats. Read child safety seat instructions to properly adjust the harness and the seat's angle.
- ✓ Place children who weigh more than 40 pounds in belt-positioning booster seats until vehicle lap and shoulder belts fit correctly, usually around age 8 and when the child reaches 4'9" in height.
- ✓ Position lap and shoulder safety belts properly on children over age 8 and 4'9", ensuring that the lap belt fits across the thighs and the shoulder belt rests on the collar bone, not the neck or face. A child's knees should bend naturally at the vehicle seat's edge. Never place the shoulder belt behind a child's back or under the arm.
- ✓ Replace any child safety seats or safety belts involved in a crash.
- ✓ Attend a child safety seat checkup event in your area, where trained, nationally certified technicians can inspect your safety seat. Find local events and SAFE KIDS coalitions at [www.safekids.org](http://www.safekids.org) or by calling (800) 441-1888.
- ✓ Know your law. Visit [www.safekids.org](http://www.safekids.org) and find out about the child passenger safety laws in your state and local area by clicking on "Learn about Child Safety Laws & Regulations."
- ✓ Visit [www.safekids.org](http://www.safekids.org) and click on "Safety Seat Guide" to find an appropriate child safety seat for your child's age and size.

### Teach Your Children to:

- ✓ Buckle up on every ride, in every vehicle, with every driver.
- ✓ Never play in or around cars.
- ✓ Never ride in the bed of a pickup truck.



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# FOLLOW THE LEADER

## PEDESTRIAN SAFETY

### Parents: Walk This Way!

- ✓ Don't allow a child under age 10 to cross streets alone. Adult supervision is vital until your child demonstrates traffic skills and judgment.
- ✓ Require children to carry flashlights at night, dawn and dusk. Add retroreflective materials to children's clothing.
- ✓ Prohibit play in driveways, unfenced yards, streets or parking lots.
- ✓ Make sure your children take the same route to common destinations (such as school) every time. Walk with your child to find the safest path. Look for the most direct route with the fewest street crossings.
- ✓ Find a SAFE KIDS coalition near you and join its pedestrian safety efforts. To learn more, go to [www.safekids.org](http://www.safekids.org) or [www.walktoschool-usa.org](http://www.walktoschool-usa.org).

### Teach Your Children to:

- ✓ Look left, right and left again before crossing the street. Cross when the street is clear, and keep looking both ways while crossing. Walk, don't run.
- ✓ Understand and obey traffic signals and signs.
- ✓ Cross at corners, using traffic signals and crosswalks when available. Do not enter the street from behind parked cars, bushes or shrubs.
- ✓ Stop at the curb, or at the edge of the road if there is no curb, before crossing the street. Never run into a street without stopping, for a ball, a pet or any other reason.
- ✓ Walk facing traffic, on sidewalks or paths. Walk as far to the left as possible if there are no sidewalks.
- ✓ Watch for cars that are turning or backing up.



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# FOLLOW THE LEADER

## WATER SAFETY

### Parents: Splash into Safety!

- Actively supervise children near water.
- Learn infant and child CPR.
- Wear U.S. Coast Guard-approved life jackets.
- Do not use inflatable inner tubes or “water wings” as safety devices.
- Keep toilet lids down.
- Keep doors to bathrooms and laundry rooms closed.
- Keep children who are in baby bath seats and rings within an arm’s reach every second.
- Teach children to swim after age 4.
- Make sure children swim within designated swimming areas of rivers, lakes and oceans.

### Teach Your Children to:

- Swim, through the local department of parks and recreation or a Red Cross chapter.
- Always swim with a buddy.
- Never run, push or jump on others around water.
- Swim only within designated safe areas of rivers, lakes and oceans.
- Never dive into a river, lake or ocean.

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