

The Bike Safety and Helmet Program is a cooperative effort between Children's Hospital of Michigan and the community (*i.e. schools, parent groups, police and city administrators*) to decrease the number of bicycle injuries. The program includes education, helmets at a discounted price, skill testing and reinforcement. The following is a description of the six-prong program.

1. **Assessment** – Data from the police, EMS and local hospitals regarding bike crashes and injuries is collected and evaluated by zip code and/or address to determine the area to target for a comprehensive bike safety and helmet program.
2. **Helmet Provision** – Helmets are sold at school events (*i.e., parent teacher conferences, ice cream socials, safety/health fairs, breakfast with the bunny, etc.*) for a reduced price. At the event, the helmets are properly sized and fitted, and the straps adjusted. As the fitting occurs, the parents are taught how to properly size and fit a helmet, so they will be able to make appropriate helmet buying decisions in the future.
3. **Bike and Helmet Safety Education** – Children are provided with 30 - 45 minutes of classroom instruction in safe biking and helmet use. The children are incorporated into the learning process and are not just idol listeners. Some issues discussed are: why we wear a helmet, who else wears helmets, and what your brain is for. Education can also include videos and various demonstrations of the effectiveness of wearing a helmet, depending on the age of the children.
4. **Bike Rodeo** – A bike rodeo skills course is a fun and safe event designed to provide the children with hands-on practice to help them to learn to ride safely. The rodeo consists of driving courses designed to simulate actual road conditions. A bike and a helmet are required for all participants. Bike rodeos are manned with 12 - 15 volunteers from the sponsoring school/organization and/or high school groups (*i.e., Junior ROTC, Boy Scouts, and Girl Scouts*). A bike rodeo includes:

Events	Objectives
Helmet Fitting	Teaches children the importance of wearing a properly-fitted helmet. <i>(Helmets are also available for purchase at a rodeo.)</i>
Bike Inspection	Bikes are inspected for safety and correct size.
Rules of the Road	Teaches children bike rules and hand signals.
Driveway Dangers	Teaches children the safe way to exit a driveway.
Crazy Corners	Teaches children the importance of stopping at stop signs.
Is Anybody There?	Teaches children to look behind them before turning.
Dodging Hazards	Teaches children control and balance as well as how to avoid road hazards while riding.
Slow Race	This is a race where the <u>last</u> cyclist across the finish line is the winner. It helps cyclists with low speed balance, which helps overall bicycle agility.

5. **Reinforcement** – Organizations/schools are encouraged to look for creative ways to reinforce the safety program. One suggestion is a possible partnership with local law enforcement and local businesses to provide incentive rewards (*i.e. McDonald coupons, 7 Eleven slurpies...*).
6. **Evaluation** – The data from the police, EMS and local hospitals regarding bike crashes and injuries will be recollected and evaluated to see if the number of injuries (*especially head injuries*) has decreased.