

# **A Manual for Schools & School Districts: Developing a Bicycle Helmet Policy**

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This publication is available in alternate format by request.

## The Importance of Bicycle Helmets

In Seattle and King County between 1997 – 2001 there were

- 24 bicycle-related deaths
- 859 bicycle-related hospitalizations<sup>1</sup>

King County medical and health experts concluded that, between 1998 – 2002, 3 out of the 5 young people who died from bike-related injuries would have survived if they were wearing helmets.<sup>2</sup>

If all King County residents wore bicycle helmets, a total of \$10 million a year could be saved.<sup>3</sup>

National Highway Traffic Safety Association (NHTSA) statistics show that nationally:

- ◆ More than one third of all bicyclist deaths occur among youth ages 5 to 20
- ◆ Bicyclists 14 years old and under are at five times greater risk for injury than older cyclists
- ◆ Children 10-15 years old are by far the most vulnerable age category of all groups for bicycle-related injuries

**The majority of bicycle deaths are the result of head injuries.** Additionally, it is estimated that the cost to care for one brain-injured child over the course of his or her lifetime exceeds 4.6 million dollars—a cost that usually devastates a family’s resources. Even children with mild head injuries may have difficulty with comprehension, memory, and speed of thinking for the rest of their lives.

**Bicycle helmets have been proven to be the single most effective way of reducing head injuries and fatalities resulting from bicycle crashes.** Vigorous research studies have shown that helmets can reduce the risk of head injuries by 85% and brain injuries by 88%<sup>4</sup>

A multifaceted approach to increasing bicycle safety and helmet use shows the most promise in helping young people get in the helmet habit.

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1. WA State DOH, February 2003
  2. King County Child Death Review
  3. Preventable Injuries, Costs & Death Software, CDC: Harborview Injury Prevention & Research Center, based on 1997 bicycle-related head injury data
  4. New England Journal of Medicine, 1989

## **What Schools Can Do to Increase Bicycle Safety**

Bicycling is one of the healthiest ways for students to commute to school. As health professionals become increasingly concerned about the lack of physical activity in young people, encouraging bicycling can reinforce the message that staying active is fun as well as healthy.

### **1. Implement Bicycle Safety Education and Broader Traffic Education**

The revised King County Bicycle Helmet Regulation, passed in July 2003, requires any person riding a bicycle in King County – including the City of Seattle -- to wear a fastened bicycle helmet. Studies have shown that helmet use is more likely to improve *long-term* if legislative changes are supplemented with helmet education.<sup>1</sup>

Educators and researchers agree that a bike helmet policy is most effective when incorporated into a comprehensive bicycle safety education program. Please see *Appendix B* for resource information.

### **2. Create a Bike-friendly School Environment**

Kids are more likely to ride their bicycles to school if they believe that their bicycles are going to remain safe throughout the day. Therefore, it is important to establish bike racks on campus.

Creating a bike-friendly school environment also means making sure that school traffic patterns keep cyclists, like walkers, safe. Most schools are already very good at using safety patrol officers, speed regulations, and one-way traffic patterns to minimize the volume of traffic near schools and the risk at intersections.

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1. J., DeLuca A.J., Abularrage C.J. “Effect of Education and Legislation on Bicycle Helmet Use in a Multiracial Population,” *Archives of Pediatric and Adolescent Medicine*, 1997; 151: 41-44.

## 2. Support Well-maintained Bicycles and Helmets

Schools and PTSA's can encourage parents to inspect their children's helmets annually to confirm that they are in good working condition.

Follow these rules of thumb in deciding when to replace a helmet:

- Immediately after a crash
- When a child or teen outgrows it
- Within 5 years (this is about the time the styrofoam begins to degrade)

An annual **bicycle rodeo** is a wonderful way to incorporate bicycle and helmet inspection with real-life bicycle safety skills. See *Appendix B* and *Appendix F* for organizations that offer help in organizing bike rodeos. Your own PTSA's may also be a good source for orchestrating bike rodeos.

## 3. Encourage Increased Helmet Use

It will be easier to encourage helmet use and school policy compliance if the following occur:

- 1) Children and families are educated on the importance of riding a bicycle with a helmet
- 2) Helmets are available at convenient locations at affordable prices
- 3) Young people see role models – parents, school staff, older students -- also wearing helmets

Please find parent education materials and a list of low-cost or free bicycle helmets listed in *Appendix F*.

## Recommended Components of a School Helmet Policy

- At a minimum, we encourage your school board to adopt an overarching helmet use policy. Sample language may read like the following:

*“To comply with the King County Board of Health Bicycle Helmet Ordinance and reduce the number of bicycle-related head injuries, all students are required to wear an approved bicycle helmet while riding to and from school and when riding on school property.”*

Some forward-thinking schools may wish to add, *“Because of the similar risk of injury, this policy also requires a helmet be worn when riding to and from school on skates, skateboards, and all types of scooters.”*

- **Determine the safety of bicycle riding to and from individual schools.** Because of factors specific to their school location, such as lack of bike lanes, heavy car traffic, construction sites, etc., some schools may need to carefully consider alternative routes or advocate for changes to the environment (e.g. the addition of bike lanes). Weather may be another issue to consider.

Cascade Bicycle Club is a resource for helping schools decide on safe routes and advocating for bike lanes or other physical changes to make roadways safer. Contact information is listed in *Appendix B*.

- **Students 4<sup>th</sup> grade and above may ride their bikes to school. Students in grades K-3 may ride if accompanied by an adult.** Most sources agree that until the ages of 8-10, children are still unlikely to have the developmental and judgment skills for unsupervised biking.

- **All riders must complete a bike safety education component before being able to ride to and from school.** A K-3 rider must go through the safety education with the adult to accompany him/her on the rides.

Researchers and educators agree that a bicycle helmet policy and bicycle helmet education is most effective as part of an overall bicycle safety program.

Although a bike safety and skill program is ideal, some schools may choose to purchase or rent a video as their educational component. Any effective program should include some kind of knowledge or skill test before the intended program and a post-test after the completion of the program.

*Appendix B* lists resources for help in developing a comprehensive bicycle safety program such as “Basics of Bicycling” and *Appendix C* gives examples of commendable educational videos.

- **Introduce the new helmet policy to parents.** A sample parent letter is provided in *Appendix D*.
- **The student cyclist AND his or her parent/guardian must sign a "Bicycle Safety Agreement"** or other similar document, which includes consequences of breaking the agreement. This document shows the helmet is one of many steps that students, parents, and schools need to take together to increase overall safety for their students. See *Appendix E* for a sample.
- **A list of student riders and copies of their safety agreements remain on file at the students' school with a staff designee.** Some kind of positive incentives for those filing an agreement and sticking to it can reinforce the desired behavior. Some examples include giving positive verbal feedback, putting students' names in a school newsletter or other announcement, handing out special stickers or trinkets, or inviting students to be part of a school bicycle helmet “task force.”
- **A district level designee** (e.g. PE Coordinator, Safety or Risk Manager) **coordinates the overall program**, offering technical assistance, staff support and training as needed, and evaluates policy effectiveness on an ongoing basis.

## **Bicycle Helmet Standards**

The Federal Consumer Product Safety Commission (CPSC) has established minimum standards for bicycle helmets. Helmets made or sold in the United States after March 10, 1999 must meet this standard or the similarly strict SNELL rating standard.

Either a CPSC or SNELL sticker inside a helmet guarantees it has met the highest safety standards in the industry.

A proper fitting helmet is a must for maximum protection. One study found that children whose helmets fit poorly are at twice the risk of a head injury in a crash compared with children whose helmet fit is excellent.<sup>1</sup>

Many agencies in the county offer free or low cost bike and multi-purpose helmets in a range of sizes, from toddler to adult. Most also provide a custom fitting.  
*See Appendix F.*

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1. Harborview Injury Prevention and Research Center, 1999



## Appendix A

### Current King County Bicycle Helmet Ordinance

#### **Title 9 BICYCLE HELMETS**

#### **Chapter 9.01**

#### **CITATION AND PURPOSE**

##### **9.01.010 Title.**

This title may be cited and referred to, and shall be known as, the "King County Bicycle Helmet Regulations."

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

##### **9.01.020 Purpose and policy declared.**

A. This title is enacted as an exercise of the authority of the King County board of health to protect and preserve the public health and welfare. Its provisions shall be liberally construed for the accomplishment of these purposes.

B. It is the express purpose of this title to provide for and to promote the health and welfare of the general public and not to create or otherwise establish or designate any particular class or group of persons who will or should be especially protected or benefited by the terms of this title.

C. It is the specific intent of this title to place the obligation of complying with its requirements upon any person falling within its scope, and no provision of, nor term used in, this title is intended to impose any duty whatsoever upon King County or any of its officers or employees, for whom the implementation or enforcement of this title shall be discretionary and not mandatory.

D. Nothing contained in this title is intended to be, nor shall be construed to create or to form the basis for, a liability on the part of the King County, or its officers, employees or agents, for any injury or damage resulting from the failure of any person to comply with this title.

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

##### **9.01.030 Local municipal ordinances.**

A. Nothing in this regulation is intended to limit the ability of local jurisdictions to adopt and enforce requirements regarding bicycle helmets.

(R&R No 03-05 (part), 7-18-2003)

### **9.01.100 Severability.**

The provisions of this title are declared to be separate and severable. The invalidity of any clause, sentence, paragraph, subdivision, section or portions of this title, or the invalidity of the application thereof to any person or circumstance, shall not affect the validity of the remainder of this title or the validity of its application to other persons or circumstances.

(R&R No 03-05 (part), 7-18-2003: R&R 84 §1 (part), 12-4-92)

## **Chapter 9.04 FINDINGS**

### **9.04.010 Findings.**

A. Head injuries are a major cause of death and disability associated with the operation of a bicycle on public roadways and bike paths. Every year approximately one thousand (1,000) Americans die of bicycle-related injuries. Approximately seventy-five percent (75%) of those deaths are due to head injuries. A significant number of those individuals who survive head injuries don't return to a normal life. They are often left with profound, disabling and long-lasting conditions. From 1989 through 1998, there were thirty-five (35) bicycle-related deaths and 2,003 bicycle-related hospitalizations in King County, including Seattle.

B. Bicycle helmets have been shown to prevent head injuries suffered by bicycle riders during a crash or fall. Studies completed in 1989 and 1996 by investigators at Group Health Cooperative of Puget Sound and the Harborview Injury Prevention and Research Center show that helmet use could reduce the number of head injuries involving bicycling by sixty-nine percent (69%) to eighty-five percent (85%). The Medical Examiner noted that of the eight bicycle-related deaths in 2000, four were not wearing helmets. Moreover, the King County Child Death Review (CDR) found that of the five children who died while riding a bicycle from July 1998 through April 2002, four were unhelmeted; the CDR experts concluded that three of the children would have likely survived if a helmet had been worn. Finally, using tools developed by The Centers for Disease Control and Prevention it is estimated that nearly \$ 10 million would be saved annually in both direct and indirect costs for bicycle-related head injuries if every cyclist were wearing a helmet in King County.

C. Educational and promotional efforts in King County have increased helmet use from two percent (2%) in 1985 to 61 percent (61%) in 1999 for children ages 5-12. In 1999, bicycle helmet use in adults was observed to be seventy-one percent (71%). However, these effects have plateaued. Additional efforts are needed to augment helmet use.

D. Studies in the United States and elsewhere demonstrate that legislation is effective in increasing helmet use. Helmet laws in Georgia, Maryland, and New York increased helmet use by 26% to 40%. In North Carolina, helmet use increased 2-3 fold after legislation. Furthermore, New Zealand found a thirty percent (30%) reduction in head injuries after passage of a helmet law. Thus, regulations requiring the use of bicycle helmets enhance the effectiveness of educational efforts to reduce the number and severity of head injuries resulting from bicycle crashes. The board of health therefore finds that bicycle helmets are required for the safe operation of bicycles not powered by

motor on public roadways, bicycle paths or any right-of-way or publicly owned facility located in King County, including Seattle.  
(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

## **Chapter 9.07**

### **DEFINITIONS**

#### **9.07.005 Definitions adopted.**

The following definitions of this chapter are adopted for this title.  
(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

#### **9.07.010 Guardian.**

"Guardian" means a parent, legal guardian or temporary guardian who maintains responsibility, whether voluntary or otherwise, for the safety and welfare of a person under the age of eighteen (18) years.

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

#### **9.07.020 Bicycle not powered by motor.**

"Bicycle" means every device propelled solely by human power upon which a person or persons may ride, having two tandem wheels, either of which is sixteen inches or more diameter, or three wheels, any one of which is more than twenty inches in diameter (RCW 46.04.071).

Within this chapter, the term "bicycle" shall include any attached trailers, side cars, and/or device being towed by a bicycle.

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

## **Chapter 9.10**

### **GENERAL REQUIREMENTS REGARDING BICYCLE HELMETS**

#### **9.10.010 Requirements regarding bicycle helmets.**

A. Any person operating or riding on a bicycle not powered by motor on a public roadway, bicycle path or on any right-of-way or publicly owned facilities located in King County including Seattle, shall wear a protective helmet designed for bicycle safety. Such helmet shall meet or exceed the safety standards adopted by the U.S. Consumer Product Safety Commission (CPSC) 15 USCS 6004, or Z-90.4 set by the American National Standards Institute (ANSI), the Snell Foundation, the ASTM (American Society for Testing and Materials), or such subsequent nationally recognized standard for bicycle helmet performance as the county may adopt. The helmet must be equipped with either a neck or chinstrap that shall be fastened securely while the bicycle is in motion.

B. The guardian of a person under the age of eighteen (18) years shall not knowingly

allow, or fail to take reasonable steps to prevent, that person from operating or riding on a bicycle not powered by motor on a public roadway, bicycle path or on any right-of-way or publicly owned facilities located in King County including Seattle, unless that person is wearing a helmet that meets the requirements of subsection (A) of this section.

C. No person shall transport another person upon a bicycle not powered by motor on a public roadway, bicycle path or on any right-of-way or publicly owned facilities located in King County including Seattle, unless that other person is wearing a helmet that meets the requirements of subsection (A) of this section.

D. No person shall sell or offer for sale a bicycle helmet that does not meet the requirements of subsection (A) of this section.

E. No person shall rent a bicycle not powered by motor for use to another person unless the renter possesses a helmet that meets the requirements of subsection (A) of this section.

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

## **Chapter 9.15**

### **ENFORCEMENT**

#### **9.15.010 Enforcement.**

A. A violation of this regulation is designated a civil infraction, to which the provisions of RCW Chapter 7.80 shall apply, except as set forth hereafter.

B. Any duly commissioned law enforcement officer having law enforcement authority at the place where a violation of this regulation occurs is authorized to enforce the provisions of this regulation.

C. Any person found to have committed a violation of this regulation shall be assessed a monetary penalty of thirty dollars (\$30.00) for each such violation, not including applicable court costs.

D. Whenever a court under this regulation imposes a monetary penalty, it is immediately payable. If the person is unable to pay at the time the penalty is imposed; the court may grant an extension of the period in which the penalty may be paid.

E. The court may waive, reduce or suspend the monetary penalty prescribed herein, and may impose such conditions on any waiver, reduction or suspension as it deems just. If the court determines that a person has insufficient funds to pay the monetary penalty, the court may order performance of a number of hours of community service in lieu of a monetary penalty, at the rate of the then state minimum wage per hour.

F. The first time a person has been issued a notice of infraction for violation of this regulation, if such person appears in person before the court and supplies the court with proof that between the date of the notice of infraction and the appearance date in court the person purchased a helmet that meets the requirements of this regulation, the court shall dismiss the notice of infraction without costs. Alternatively, the person issued a notice of infraction may supply the court or police department with such proof by mail, and the court, at its discretion, may elect to dismiss the notice of infraction without costs, or, if not satisfied with this proof, may require a personal appearance.

(R&R No 03-05 (part), 7-18-2003; R&R 84 §1 (part), 12-4-92)

## **Chapter 9.16**

### **EFFECTIVE DATE**

#### **9.16.010 Effective date.**

A. This amendment\* shall take effect thirty days from the date of its adoption by the board.

(R&R No 03-05 (part), 7-18-2003)

\* **Editor's Note:** "This amendment" refers to the amendment of this title by R&R No. 03-05, which amendment was adopted on July 18, 2003, and therefore became effective on August 17, 2003.

## Appendix B

### Resources for Comprehensive Bicycle Safety Education

Educators and researchers agree that a bike helmet policy is most effective when incorporated into a comprehensive bicycle safety education program. Because this model is ideal but beyond the resources we at Public Health can offer, we refer you to Cascade Bicycle Club for further information. Seattle Public Schools also employ a hands-on bike safety curriculum, “Basics of Bicycling,” at multiple grade levels and multiple sites.

<b>Resource</b>	<b>Contact</b>	<b>Contact Information</b>	<b>Services offered</b>
Cascade Bicycle Club P.O. Box 15165 Seattle, WA 98115	Julie Salathe, Education Director	(206) 523-1952 cbcedu@cascade.org	Free consultations on bike safety education, safe riding routes; free/low cost helmets, helmet fitting; bike rodeo consultations & equipment; safety brochures & video lending
“Effective Cycling” curriculum	League of American Bicyclists	<a href="http://www.bikeleague.org">www.bikeleague.org</a>	Comprehensive curriculum designed for adults but can easily be modified for middle to high school students

## Appendix C

### Bicycle Helmet and Safety Education Videos

Video Title	Content	Target Audience	Ordering Info
“A Kid’s Eye View”	Helps parents set bicycling rules appropriate for their children’s age, with instruction of on-bike traffic skills.	“Must see” for any adults teaching kids or promoting helmet use.	Free to schools or low-cost to individuals from Wisconsin DOT, JoAnne Pruitt Thunder 608-267-3154 joanne.pruitt-thunder@dot.state.wi.us
“Jello in a Jar”	Debunks myth that helmets are uncool. Stars real kids.	10 – 14 year olds	\$15 from National Safe Kids 800-289-0117 or <a href="http://www.safekids.org">www.safekids.org</a> . Click on Bike/Helmet, then Resource Catalog
“Ride Smart-- It’s Time to Start”	Bike helmet info and how to fit; fast-paced with real kids	3 <sup>rd</sup> – 6 <sup>th</sup> grade	<b>Free</b> by faxing NHTSA: 301-386-2194
“The Bicycle Zone”	General safety + helmets; savvy kids, dumb parents	Elem – Mid-school	\$22 from Transit Media Inc. 201-652-1989
“Bike Safety with Bill Nye the Science Guy”	Disney production so excellent quality; pounds helmet message, with safety rules briefly covered; has kids, cops, racers, melon drop	Elem – Mid-school	\$79 from Disney Educational Productions 800-295-5010
“There’s No One Like You!”	Features teens riding & doing stunts; brain model; boy who suffered brain damage	2 vignettes, 13 minutes each; one for younger group, one targeting older students	\$30 from Headstrong of Denver 303-338-8548 3131 S. Vaughn Way #204 Aurora, CO 80012
“The Bicycle Zone”- “Pedal Smarts”----- “Getting There”-----	Award-winning videos in English & Spanish	-----Elementary -----Middle/High -----High School	Transit Media 201-652-1989
Several titles	Range from safety skills to helmet fit	Elementary	Can <b>rent free</b> through AAA Traffic Safety Video Library 800-562-2582

## Appendix D

### Sample Parent Letter<sup>1</sup>

Dear Parents/Guardians:

To ensure the well being of all of our youth, we are informing you of our policy on bicycle safety. It is imperative that all youth are aware of the rules, regulations, responsibilities, and dangers of riding bicycles. These teachings must come from both the home and the school. It is our hope that by working together we will help our young people attain the knowledge necessary to ride safely.

Effective immediately, it is the policy of *(Name of School District or School)* that all students riding bicycles to and from school **MUST** wear bicycle helmets. This is a county law, as well as a school rule. Helmets may not be held in the hands of students or carried on handlebars; **THEY MUST BE WORN**. Any student who enters the school campus without a helmet on his/her head will have his/her bicycle confiscated immediately. The bicycle will be released only when a parent or guardian comes to campus to retrieve it or when the student returns with a helmet.

Enclosed please find a Bicycle Safety Agreement. If your child rides a bicycle to school, the agreement must be signed by you and your child and returned to the Main Office as soon as possible. If the agreement is not kept, the student will not be allowed to ride his/her bicycle to school.

We ask that you also discuss general traffic safety with your child. Some of the issues that we feel are important are:

1. Never ride out into a street without stopping first
2. Obey all stop signs and stop lights
3. Check behind before turning or changing lanes
4. Never follow another rider without applying the same rules
5. Keep bicycles in good repair

Our students are of vital importance to us all. Please help us in educating your child in bicycle and traffic safety so we may ensure the safety of all.

Sincerely,

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1. adapted from Los Angeles Unified School District parent letter, 1996



## **Appendix E**

### **Sample Bicycle Safety Agreement**

*(Printed on School District Letterhead)*

#### **Student**

I know and can demonstrate how to ride my bike safely on the roads.

I understand that wearing my helmet can protect me from injury if I hit my head.

I understand that I am required to wear my helmet when traveling to and from school and when riding on school property.

I understand that I need to wear my helmet in the correct position and properly buckled for it to fit correctly and protect my head.

I understand that if I fail to wear my helmet, the school will hold my bike until my parents come to get it or until I return with my helmet.

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*Student Signature*

#### **Parent/Guardian**

I understand that by wearing a helmet, my child may be protected from injury, disability, and death if he/she hits his/her head.

I understand the school helmet policy and will require my child to wear a helmet when traveling to and from school and when riding on school property.

I understand that my child needs to wear the helmet in the correct position and properly buckled for it to protect his/her head.

I understand that if my child fails to wear his/her helmet, I will be responsible for picking up the bike at school or ensuring that my child brings the helmet to school and wears it the next time.

I will be responsible for teaching my child safe bicycling practices and for keeping my child's bike in good working condition.

---

*Parent/Guardian Signature*



## Appendix F

### Low Cost Bicycle Helmets and Other Bike Safety Programs

Organization	Contact info	Bike Helmets + Custom Fitting	Other services
Auburn Regional Medical Center	253- 833-7711	\$4 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays every month 3-5:30 p.m. at Main Entrance/ Atrium area	
Bicycle Alliance of Washington	206-224-9252 Linda Schwartz lindas@bicyclealliance.org	----	Consultation and education around bike helmets and bicycle safety
Bike Works	206-725-9408 info@bikeworks.org	\$10 and up; all sizes <a href="http://www.bikeworks.org">http://www.bikeworks.org</a>	Students 9-17 from Rainier Valley and surrounding communities can participate in the “Earn A Bike” Program: for \$25 (scholarships available), students learn how to repair bikes during a 9-week course. They also spend time working on a bike of their choosing, and after a specified number of hours, the bike becomes theirs for free. A helmet and lock are also provided at the completion of the program. Bike Works also sells “recycled” bikes and provides bike repair services to the community.

Cascade Bicycle Club	206-523-1952 Julie Salathe cbcedu@cascade.org	Available from Julie throughout the year by appointment.  Also available during special summer events.	Free consultations on bike safety education, safe riding routes; free/low cost helmets, helmet fitting; bike rodeo consultations & equipment; safety brochures & video lending; “Sprocket Hero” assemblies; information about PE curriculum materials.
Children’s Hospital and Regional Medical Center	206-987-5324	\$5 helmets and free fittings for children and adults. Offered quarterly in conjunction with Cascade Bike Club.  Call for schedule of next fitting event	
Federal Way Helmet Coalition	253-839-6234	\$5 bike helmets, \$7 multi-sport style helmets sold during at least 4 community events per year	
Head Injury Hotline	206-621-8558 Constance Miller <a href="http://www.headinjury.com">www.headinjury.com</a>	Free helmets for children at community events throughout the year	Consultation and education on the long-term effects of head injuries. Speakers’ Bureau that targets messages to any age audience. Traveling fee for outside City of Seattle.
Helmets R Us	<a href="http://www.helmetsrus.net">www.helmetsrus.net</a> 253-627-2121	Sells \$3.95-\$5.95 bike helmets, \$7.95 - \$9.95 multi-sport helmets to groups	

Injury Free Coalition for Kids Seattle	206-521-1248 Denise Gonzalez Deniseeg@u.washington.edu	Low cost helmet sales and fittings offered 3 times a year. Call for dates, times, & places.	Also provides education on other child safety issues including low cost car and booster seats
Mary Bridge Children's Hospital – Tacoma	253-403-4665 Caroline Mayer	\$5 bike helmets \$7 multi-sport style helmets Tuesday 9-11 a.m. Wed. 11-12:30 p.m. Friday 2-4:30 p.m. Life jackets also for sale	Trains teachers to use 4 <sup>th</sup> grade "Safety Central" curriculum (Federal Way, Auburn, & Pierce Co. schools). Mary Bridge staff comes into classroom to help kids fit their own helmets and take them home for free.
Covington MultiCare Clinic	253-403-4550	\$5 bike helmets \$7 multi-sport style helmets 2 <sup>nd</sup> Tuesday of every month, 3-5 p.m.	Sponsored by Mary Bridge. Life jackets also for sale at same time.
Kent MultiCare Clinic	253-372-7729	\$5 bike helmets \$7 multi-sport style helmets Every Thursday, 3-5 p.m.	Sponsored by Mary Bridge. Ski Helmets available in November 2004 for \$12
Pediatrics Northwest, Federal Way	253-941-7229	June - September \$5 bike helmets, \$7 multi-sport style helmets 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of every month, 10:30-12:30 p.m.	Sponsored by Mary Bridge. Life jackets also for sale.
Virginia Mason Federal Way Pediatrics	253-874-1616	May – August ONLY \$5 bike helmets \$7 multi-sport style helmets 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of every month, 3-5 pm	Sponsored by Mary Bridge. Life jackets also for sale.
Odessa Brown Children's Clinic	206-987-7200 Paula Holmes	Free helmets given out at annual summer health fair in June	

<a href="http://www.prorider.com">www.prorider.com</a>	Online ordering only	Sell \$4.95 - \$8.95 bike helmets to schools, organizations, & individuals	Also sells multi-sport and ski/snowboarding helmets.
Redmond Community Custom Fit Helmet Program	Nan Dyer 425-556-2632 <a href="mailto:ndyer@redmond.gov">ndyer@redmond.gov</a>	Custom fit bike & multi-sport helmets on site at Redmond Town Center Police & Fire Community Outreach Substation, \$8 - \$15	Also sells ski/snowboard helmets Pedestrian & bike safety education on-site to students on school field trips
University of Washington Hall Health Primary Care Center	206-616-8476 Mark Shaw	\$12 for helmets that fit ages 9 and up \$30 ski helmets for ages 10+	Call before coming for further info and appointment
Valley Medical Center—Renton	425-656-5577	\$5 1 <sup>st</sup> Monday of every month 3-7 p.m. VMC Children's Therapy Dept. 3600 Lind Ave. SW, Ste. 160	

<b>Fire and Police</b>	<b>Contact info</b>	<b>Bike Helmets + Fitting</b>	<b>Other Services</b>
Auburn Fire	253-931-3060	--	Incentive coupons*^
Bellevue Police	Officer Rob Wood 425/452-2880	\$5.50 every May at community safety fair	Will work with schools and PTA's to supply helmets, train how to fit helmets, & put on Bike Rodeos.
Black Diamond Fire	360-886-1678	\$5	Incentive coupons*^
Bothell Fire	Lisa Allen 425-486-1678	\$6, by appt. only, primarily Bothell residents only	Incentive coupons*^
Des Moines Fire			Incentive coupons*^
Duvall Firefighters Association	425-788-1625	\$5 helmets	

Enumclaw Police	Sergeant Bob Huebler 360/825-3505	--	Bike officers willing to speak within schools. Incentive coupons*^
Fall City (Fire District #27)	425-222-5841	\$5 donation for helmets at annual summer event and individually at station	
Federal Way (Fire District #39)	253-946-7246 Debbie	\$5 bike helmets \$7 multi-sport helmets	Incentive coupons*^
Kent Fire	253-856-4482	Free for now / limited supply	
Kent Police	Cesi Medina 253/856-5884	Provides helmets to individual students by referral from school staff	Provides bike helmet/safety education to schools. Works a lot within low-income apartment neighborhoods in Kent. Incentive coupons*^
King County Medic 1	206-296-8550	\$6 donation for bike helmets	Incentive coupons*^
Kirkland Fire	425-828-1293	--	Incentive coupons*^
Maple Valley Police			Free swim passes to kids wearing helmets
Maple Valley Fire	425-432-0200	\$5	
Mercer Island Fire	206-236-5323	\$6 at annual Safety Day	Incentive coupons **
Mercer Island Police	Sergeant Steve Hyatt 206/236-3500		Bike Rodeos for elementary schools
Northshore (Fire District #16)	425-486-2784	\$6 at Lake Forest Park Fire Station daily 1-7 p.m. upon availability	Incentive coupons*^
Pacific Police	Julie Fairbanks 253-929-1120	Provides helmets to community members for up to \$5	Hands out McDonalds' coupons for free ice cream to kids riding safely/wearing helmets
Redmond (Fire District #34)	425-556-2226	\$6 / \$7-10 multipurpose	Education & consultation Incentive coupons*^
Renton Fire			Incentive coupons*^
Renton Police	Officer Reynolds 425-430-7513	--	Will work with schools as requested, based on time & availability of officers

Seattle Fire			Incentive coupons*^
Seattle Police			Incentive coupons, mostly during spring & summer**
Shoreline Fire	206-533-6500	\$5 bike/\$7 multi-sport	Education & consultation Incentive coupons*^
Tukwila Fire			Incentive coupons*^
Vashon Substation/ KC Sheriffs Office			
Woodinville Fire & Safety	425-483-2131 Dave Leggett	\$5	
Woodinville Police			Incentive coupons*^

\* Subway restaurant coupons handed out to youth riding with bike helmets

^ Subway coupon program organized by Ellen McVicker, Tacoma Fire Department, 253-594-7982, emcvicke@cityoftacoma.org

\*\* Other than Subway, e.g. McDonald's, Baskin Robbins





## **Appendix G**

### **Samples of Local Schools' Programs**

1. Highland Terrace Elementary School  
Shoreline School District
2. Ridgewood Elementary School  
Kent School District
3. Elizabeth Blackwell Elementary School  
Lake Washington School District

**HIGHLAND TERRACE SCHOOL  
BICYCLE RIDER'S REGISTRATION**

I, \_\_\_\_\_ agree to:

1. Wear a bicycle helmet at all times while riding and walking bicycle.
2. Ride alone - only one (1) on a bicycle.
3. Obey all           -       Traffic lights  
                          -       STOP signs at intersections  
                          -       Safety Patrols at intersections
4. Yield the right-of-way to walkers.
5. Ride single file - close to the right hand side of the roadway.
6. Keep both hands on the handlebar, except with signaling.
7. Keep my bicycle in good condition.
8. Walk my bicycle on the school sidewalk areas, NEVER RIDE IT, (which includes after school and weekends).
9. Walk my bicycle from the edge of the school grounds to the rack.
10. Lock my bicycle to the rack and keep valuable bike accessories with you in the classroom.
11. Be courteous at all times.

Signature \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

GRADE \_\_\_\_\_ ROOM \_\_\_\_\_ TEACHER \_\_\_\_\_

MAKE OF BICYCLE \_\_\_\_\_ SERIAL # \_\_\_\_\_

Description (color, accessories, etc.) \_\_\_\_\_

Parent Signature \_\_\_\_\_

**The school accepts no responsibility for bicycles or accessories.**

## **RIDGEWOOD ELEMENTARY SCHOOL STUDENT PROCEDURE FOR OBTAINING A BICYCLE PERMIT**

*Riding a bicycle to Ridgewood is a privilege requiring a high level of responsibility.*

Check eligibility:

Location:

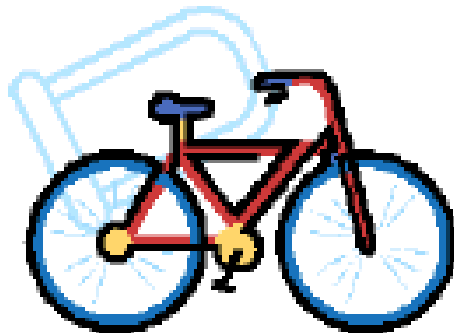
- Students must live north of Petrovitsky Road.
- Student living in Woodside and west of Ridgewood.

Age:

- Fifth and sixth grade students will be given the first opportunity to obtain a permit.
- Fourth grade students may apply if there is space available.

Procedure:

- Obtain a Bicycle Application from Mrs. Rhodes.
- Read over the application with parent/guardian, and fill out the application.
- Return the completed form to Mrs. Rhodes' mailbox in the main office.
- Students with completed applications may take the written test in Mrs. Rhodes' office on the day they return the packet. The test may be taken during the morning recess period.
- Students who do not pass the written test with 100% will have to retake the test at another date.
- A permit will be issued to the student upon passing the test.
- The permit will be revoked at any time if the student does not follow safe bicycle procedures.



# Ridgewood Elementary Application for Bicycle Permit

Name: \_\_\_\_\_ Test Score: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Tchr: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

In order to ride to Ridgewood, your bicycle must be in safe condition. Please inspect your bicycle for safety and have your parents initial this checklist.

_____ Tires are properly inflated	_____ Combination chain lock
_____ Functioning headlight	_____ Brakes are working
_____ Reflecting tail light	_____ Handlebars are aligned
_____ Oil rusty areas	_____ Seat at correct height
_____ Bicycle helmet	_____ Screws and bolts are tightened

**A bicycle helmet is required. Helmets can be purchased at Valley Medical Center. For your protection, you may wish to engrave your bicycle with an identification number.**

## Ridgewood Bicycle Rules

### Arrival:

- Students will walk their bicycles on the school grounds following walkers' pathways.
- Bicycles will be locked at the bike rack in front of the school upon arrival. Bikers will then join other students on the playground until the bell rings.

### Dismissal:

- Bicycles will be walked to the street following the walkers' pathways.
- Riders will be courteous to all students, and follow the rules of the road.

### General rules:

- Ride on the right side of the street with traffic.
- Stop at stop signs, scan, and proceed when it is safe.
- Use proper signals to stop or turn.
- Use bright reflectors for rainy weather.
- **Helmets must be worn to and from school.**

Name and date \_\_\_\_\_

## **RIDGEWOOD BICYCLE PERMIT TEST**

Which side of the road should bicycles ride on?

- a. right side of the road
- b. left side of the road
- c. on the sidewalk
- d. facing traffic

When leaving school

- a. ride your bike on the sidewalk
- b. walk your bike to the street entrance and then ride on the street
- c. wait until the buses have left and then ride on the playground
- d. bike around the school

Demonstrate the signals and tell what they mean

Once you arrive at Ridgewood

- a. ride to the bike rack and lock your bike
- b. come early and ride your bike on the playground until the bell rings
- c. ride around the building and then put your bike in the rack
- d. walk your bike to the bike rack and lock it

When coming out on the road from a driveway, a rider should

- a. enter carefully
- b. stop, look both ways, and enter
- c. come out quickly
- d. look to the right, then enter

When making a turn

- a. look around quickly and then turn
- b. use the signal and turn
- c. turn
- d. look around quickly, signal and turn

When riding with other students

- a. ride next to your friend
- b. ride in a group
- c. ride single file
- d. play a game like "Follow the Leader"

When a rider comes to a stop sign, he/she should

- a. look quickly both ways and go ahead
- b. slow down
- c. speed up to get out of the way
- d. Stop. Look. Proceed

RIDGEWOOD BICYCLE PERMIT

NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ HOMEROOM: \_\_\_\_\_

\_\_\_\_\_ has passed the  
Ridgewood safety and written bicycle test.

PERMIT ISSUED: \_\_\_\_\_

Date

## Elizabeth Blackwell Elementary Bicycle Application

Owner of Bike     
  Teacher     
  Grade

**Bicycle Description:**

Make of Bicycle     
  Color     
  Trim

Serial Number     
  Identifying Marks

**To the Parents:**

Elizabeth Blackwell Elementary requires that each bicycle owner file an application for permission to ride his/her bike to school. Students in grades four, five and six may ride bikes to school. Third grade students may begin riding their bikes in April after they have a signed permission form from their parents.

Parents who want children younger than 4<sup>th</sup> grade to ride their bikes should contact the office to make arrangements to:

1. View video with their child
2. File an application
3. Sign a letter of parental responsibility

Although we try to minimize the risk, the school would like parents to be aware that neither the school nor the Lake Washington School District can take the responsibility for lost, stolen, or vandalized bicycles, either while on school property or while riding to and from school.

We encourage bicycle riding as long as it is done safely. We hope you will cooperate with us in enforcing the Elizabeth Blackwell Elementary bicycle rules. We reserve the right to withdraw the student's privilege of riding his/her bike to school if he/she does not obey the rules. Bike rules are published in the handbook and are reprinted on the back of this form.

Please review the rules with your child and be sure he/she understands them. Your child should sign the rules page on the reverse side of this form.



**ALL STUDENTS MUST WEAR BICYCLE HELMETS**

**I give my permission for the above named student to ride his/her bike to school with the understanding that the school will not be responsible for theft or vandalism to the bike or any injury the child might incur riding to or from school.**

Parent/Guardian Signature

Date



## **BICYCLE RULES**

1. Students in grades four, five, and six may ride bikes to school. See Bicycle Policy for exceptions. All bike riders must wear helmets.
2. Bike riders are to file an application for permission to ride his/her bike to school with the school office.
3. All bicycles must be locked and parked in the bike rack. All bicycles must stay in bike rack during school hours.
4. All bicycles must be walked on and off the school grounds. No bikes should be ridden on the school grounds while children are playing there.
5. Every bike should have a lock. This is the best means of preventing someone from riding your bike.
6. Bicycle riders shall use all hand signals employed by the driver of a car.
7. Keep to the right and ride in a single file. Keep a safe distance behind all vehicles.
8. Look out for cars pulling out into traffic. Keep a sharp lookout for sudden opening of car doors.
9. Never hitch a ride on other vehicles, "stunt" or race in traffic. Never ride two on a bike.
10. Slow down at all street intersections and look to the right and to the left before crossing.
11. Ride in a straight line. Do not weave in or out of traffic or swerve from side to side.
12. Both hands should be used in steering the bike.
13. Be sure your brakes are operating efficiently and keep your bicycle in perfect running condition.
14. Give pedestrians the right of way on sidewalks. Bikes should be walked on sidewalks.

I have read these rules and agree to follow them.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## Bicycle Policy for K-3

**Due to safety concerns, children in grades K – 3 are discouraged from riding bicycles to and from school.**

If you choose to allow your child to ride their bicycle to school, please sign below that you are giving your permission and have viewed the Bicycle Safety video with your child and discussed bicycle safety.

Students Name \_\_\_\_\_

Parents Name \_\_\_\_\_

Viewed and discussed video with my child \_\_\_\_\_

Date \_\_\_\_\_

## Appendix H

### Safety Education Resources & Ordering Information

Education Resources	Ordering Information
<p>“Wear a Helmet. It’s the Law!” Targeted to kids 10-14</p>	<p>Public Health – Seattle &amp; King County Violence &amp; Injury Prevention 206-205-5866 / Deanne Boisvert</p>
<p>“Your Bicycle Helmet: A Correct Fit” pamphlet</p>	<p>FREE in quantities of 50 at <a href="http://www.nhtsa.dot.gov">www.nhtsa.dot.gov</a> Click on Safety Materials; search under Topic “Bicycle and Helmet Safety”</p>
<p>“Kids Speak Out on Bike Helmets” pamphlet</p>	<p>FREE in groups of 100 from Consumer Product Safety Commission (CPSC) 1-800-638-2772</p> <p>Colored copies \$9.50 for 100 from AAA 800-562-2582 x2075</p>
<p>“The Hazard Factor” zine</p>	<p>Suitable for preteens &amp; teens. Not produced any longer but may be copied.</p>
<p>“Have your children wear bicycle helmets every time they ride!”</p>	<p>Copies in multiple languages in this packet. May be duplicated as needed.</p>
<p>Several video titles on bicycle safety</p>	<p>FREE through AAA Washington Traffic Video Library Catalog Bellevue Office: (425) 646-2075</p>
<p>Excellent, simple-to-read information on bike helmets; free publications can be downloaded &amp; printed, including “Teaching Your Child to Ride a Bicycle” and “How to Fit a Bicycle Helmet.” Statistics &amp; research, kid-friendly links</p>	<p>Bicycle Helmet Safety Institute <a href="http://www.bhsi.org">www.bhsi.org</a></p>
<p>Comic strip-like web site for kids</p>	<p><a href="http://www.radrider.com/home">www.radrider.com/home</a></p>
<p>Good safety information for all ages</p>	<p>NHTSA <a href="http://www.nhtsa.dot.gov/people/injury/pedbimot/bike">www.nhtsa.dot.gov/people/injury/pedbimot/bike</a></p>
<p>Kids’ safety web site</p>	<p><a href="http://www.cpsc.gov/kids/kidsafety">www.cpsc.gov/kids/kidsafety</a></p>