

SAFE KIDS OF OTSEGO COUNTY OFFERS BICYCLE RESOURCES

Join Safe Kids of Otsego County at the Bassett Medical Center Clinic Lobby, Cooperstown on Wednesday, July 13, and Tuesday, July 19 from 8 am to 1 pm for information about safe bicycle riding. Resources available include the three main components of being safe while riding a bicycle including wearing a helmet at all times, rules of the road and maintaining a safe bike.

A properly fitting bike is essential. To make sure a bike is the right size for child, there should be about 1-inch of clearance between the bike frame and the child's groin when the child's feet are flat on the ground. Also, make sure the bike is in good repair – reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.

Remember, bike helmets are for biking. Kids should not wear bike helmets on the playground (where the straps can get caught on equipment and cause injury) or for activities that require specialized helmets (such as skiing or football).

Adults should model and teach proper bicyclist behavior. Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stop lights.

The single most effective safety device available to reduce head injury and death from bicycle crashes is a helmet. For more information about bicycle safety and obtaining a helmet, contact Rich McCaffery at 547-5256 or richard.mccaffery@bassett.org . You may also visit www.safekids.org. If you would like copies of the Safe Kids Bicycle Safety interactive booklet (and general Summer Safety booklet too) contact Rich McCaffery.

Safe Kids of Otsego County works to prevent unintentional childhood injury, the leading cause of death and disability to children ages 1 to 14 and is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury. Safe Kids of Otsego County is led by Bassett Healthcare Network.