SAFETY IS A NO BRAINER AND WEARING A HELMET WHILE CYCLING CAN REDUCE THE RISK OF SERIOUS HEAD AND BRAIN INJURY.

ADULTS ARE ENCOURAGED TO BE ROLE MODELS FOR THEIR CHILDREN AND WEAR THEIR OWN HELMETS EVERY TIME THEY CYCLE.

ANYONE UNDER 18 IN MANITOBA MUST WEAR A PROPERLY FITTED AND FASTENED PROTECTIVE HELMET WHILE CYCLING.

AS OF MAY 1, 2013
EVERY YEAR IN MANITOBA, ABOUT 165 CYCLISTS END UP IN HOSPITAL FROM CYCLING-RELATED INJURIES, AND SEVERAL RESULT IN SERIOUS INJURY OR DEATH. ABOUT 40% OF THOSE INJURIES HAPPEN TO CYCLISTS UNDER THE AGE OF 18.

A PROPERLY FITTED AND SAFETY CERTIFIED HELMET CAN REDUCE THE RISK OF HEAD AND BRAIN INJURY.

USE YOUR HEAD.
WEAR A HELMET.
Bike Helmet Legislation

In Manitoba it is compulsory for cyclists under 18 to wear a properly fitted and fastened helmet while cycling. The law also applies to children under 18 when they are passengers on a bicycle, or on or in anything attached to or towed by a bicycle. Helmets must be certified by one of these standards: Snell Memorial Foundation, U.S. Consumer Product Safety Commission (CPSC), American Society for Testing and Materials (ASTM), European Committee for Standardization, Standards Australia/Standards New Zealand.

Parents or guardians are responsible for making sure children wear bicycle helmets. If your child, under the age of 14, is cycling without wearing a helmet, you can be ticketed under The Highway Traffic Act if you knowingly allow your child to ride without a bicycle helmet. Teenagers who are between the ages of 14 – 18 can be fined directly. The total fine for not wearing a bicycle helmet is $63.10.

A Fine Alternative

Manitoba’s helmet law provides an alternative to paying a fine the first time your child receives a ticket for not wearing a helmet.

You can take the Manitoba Bike Helmet Safety Course at www.bikehelmetcourse.ca

The course includes a short instructional video and questions about bike helmet safety. Once you complete the course, if you’ve entered your ticket information correctly, and it is your first offence, your ticket will be dismissed. You must complete the course on or before the ticket due date. If you prefer, you can receive a paper copy by calling toll-free 1-866-788-3648.

NO TICKET REQUIRED! Anyone interested in improving their knowledge of bike helmet safety can take the course.
A Helmet for Every Head

Today’s helmets are light, comfortable and come in many styles and colours.

There are downhill and BMX helmets, mountain bike helmets, road helmets, and racing helmets. Pick the one that’s right for you and your style of riding.

The Right Fit

Even a safety certified helmet has to fit right to work properly. When picking your size, make sure it doesn’t wobble or fall off when you nod “yes” or shake “no”, even when the straps are undone. Some helmets come with extra pads you can attach, or size adjustment options to help you get just the right fit.
Follow the 2V1 Rule

WITH YOUR HELMET SITTING LEVEL ON YOUR HEAD, YOU SHOULD HAVE NO MORE THAN “2” FINGERS BETWEEN YOUR EYEBROWS AND THE BOTTOM OF YOUR HELMET.

THE SIDE STRAPS SHOULD FORM A “V” SHAPE JUST BELOW YOUR EARS.

ADJUST THE CHIN STRAP SO ONLY “1” FINGER FITS UNDER YOUR CHIN. WHEN YOU OPEN YOUR MOUTH WIDE, THE HELMET SHOULD STILL FEEL COMFORTABLE.

Taking Care of Your Helmet

Taking care of your new helmet is easy. Keep it in a cool, dry place, away from excessive heat or direct sunlight. Keep it clean with a mild cleaner like dish soap and warm water.

Replacing Your Helmet

A safety certified helmet will last three to five years. After that, it’s time to get a new one. If you have a crash, or there are visible signs of damage, you should get a new helmet.
PROTECT YOUR CHILDREN FROM SERIOUS HEAD AND BRAIN INJURY. ENSURE THEY ALWAYS WEAR A SAFETY CERTIFIED BIKE HELMET. IT’S THE LAW.

FOR MORE INFORMATION, VISIT www.manitoba.ca/healthyLiving/hlp/bikesafety

TO SPEAK WITH SOMEONE ABOUT BIKE HELMET SAFETY, CALL US TOLL-FREE AT 1-866-788-3648 OR, IN WINNIPEG, AT 204-945-3648