

## Wearing a Bicycle Helmet

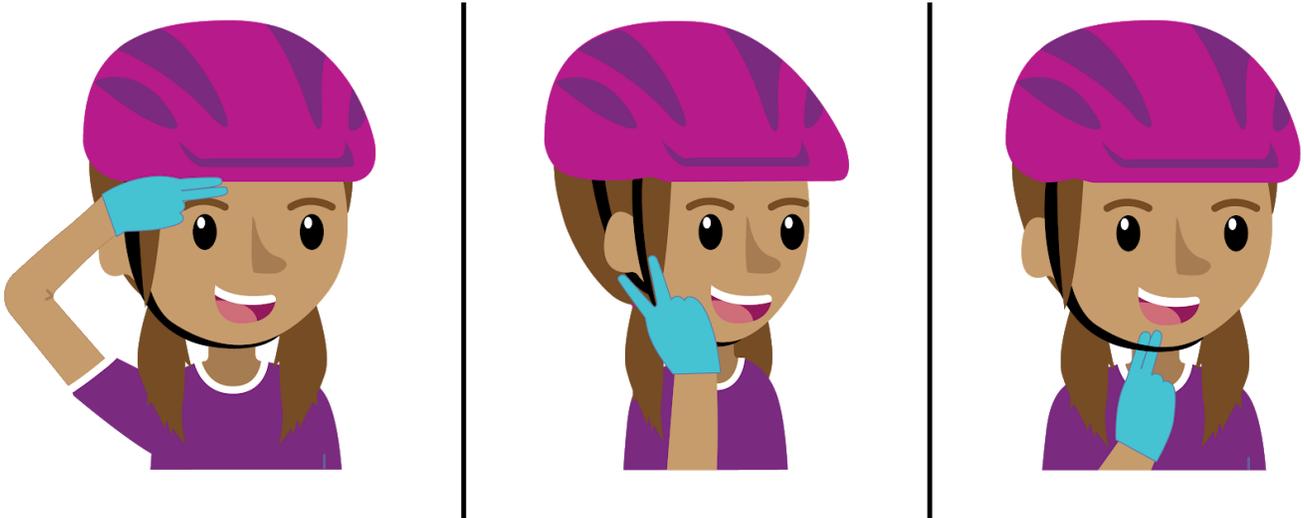
### Why do cyclists need to wear helmets?

Your **brain** is an incredibly powerful and important part of your body. It makes you unique, helps you do your school work and is the reason you are capable of riding a bike! It's also the law in British Columbia to wear a helmet while riding a bicycle.

That's why anytime you hop on your bike, you need to ensure your brain has extra protection - by wearing a helmet!

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INSTRUCTIONS: Inspect the picture below, then write the number or letter to fill in the blanks.



1. There should be \_\_\_\_\_ fingers of space between your eyebrows and the helmet's rim.
2. The helmet straps should make a \_\_\_\_\_ shape around each ear.
3. There should be \_\_\_\_\_ fingers of space between your chin and the chinstrap.

Give your head a big shake; the helmet should feel secure and have very little movement.

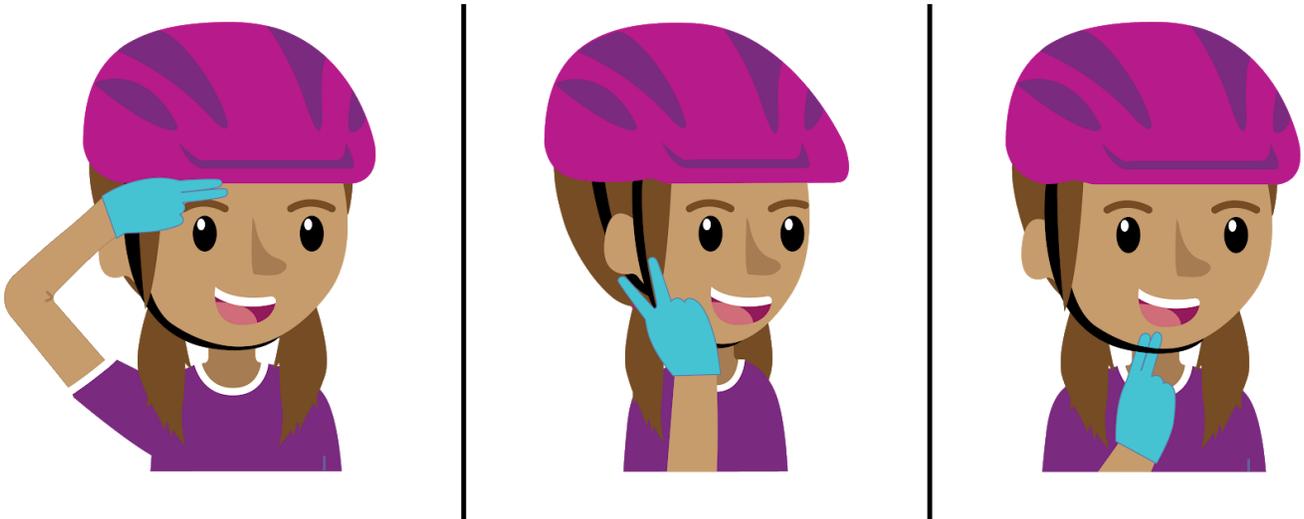
## Wearing a Bicycle Helmet ANSWER SHEET

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INSTRUCTIONS: Inspect the picture below, then write the number or letter to fill in the blanks.



1. There should be   **2**   fingers of space between your eyebrows and the helmet's rim.
2. The helmet straps should make a   **V**   shape around each ear.
3. There should be   **2**   fingers of space between your chin and the chinstrap.

Give your head a big shake; the helmet should feel secure and have very little movement.

If you own a helmet, go put it on and test out the **2-V-2 rule** for yourself!