

READS



## **MYTH OR FACT**

1

You should only wear your helmet if you are going on long bike rides.

2

I need to ride a bike that fits me and not a bike that I can grow into.

3

Your bike helmet needs to fit right and be buckled to keep your head safe.

4

A football helmet will work just as well as a bike helmet when I am riding my bike.

#### **LESSON 1 - Helmet & Bike Fit, What To Wear**



## **MYTH OR FACT**



#### **1-MYTH**

If you are on a bike for any amount of time, you should have a helmet on.



Riding a bike that is too big for you can be dangerous because it is harder to stay in control.



It is very important for your helmet to fit correctly and for it to always be buckled.



Only bike helmets are good for protecting your head from injury from a bike accident.



# GREAT JOB!

