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Wear your helmets

Now the warmer weather is returning the Shelburne Police is reminding everyone that the law requires approved helmets to be worn (and worn properly) by everyone riding a bicycle under the age of 18 years.

This is not only a law under the highway traffic act that could result in an $80 fine, but a simple safety practice that appears to be under estimated by many youth and their parents. This issue extends further as many youth are taking advantage of warm days biking on the ramps and mounds located for that purpose at Greenwood Park.

A study released in May 2013 in the U.S. by Reuters indicates that wearing a helmet while cycling can reduce the severity of a head injury by up to 88%. The study also shows that states with mandatory bike helmet laws report 20% less cycling related fatalities.

The mandatory helmet law in Ontario indicates that not only does the helmet need to be CSA or SNELL approved, but must be fastened securely with a strap under the chin.

Regardless of where, how fast or what style of riding is being done, the Shelburne Police Service is encouraging everyone to wear a helmet at all times.

When something goes wrong the only thing between your head and the pavement is your helmet. But only if you are wearing one!