

## BIKE SAFETY

Dear Parents and Guardians:

We are providing this reminder regarding bicycle safety with information to use when you remind your children about bike safety.

- Bicycle Helmets

It is now required under RSA 265:144X that anyone under the age of sixteen riding a bicycle on a public way must wear a helmet.

We suggest that you purchase an approved helmet – one that has a sticker inside certifying it meets the standards of the Snell Memorial Foundation and/or the American National Standards Institute.

- Ride with the Traffic

When riding on a public way, remind your child that they must ride with the traffic, and they must obey all traffic laws.

- Audio Headphones/Riding at Night

Please remind the children to never ride with headphones nor should you allow your child to ride at night. Stress the need to ride alert since most drivers do not see riders.

Bicyclists should ride single file on the right side and signal their intentions to other road users.

- Keep Your Bicycle Safe

Before and during the bike riding season, make sure you check your breaks, chain, lights (light must be visible from a distance of 300 feet), reflectors, etc. Simple checks and maintenance will make the riding experience more enjoyable and aid in preventing serious accidents and injuries.

In closing, please spend a little time with your children reinforcing these rules and suggestions.

Sincerely,

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Joseph E. Ryan, Chief  
Londonderry Police Department

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Nathan S. Greenberg, Superintendent  
Londonderry School District