



## Get Out and Ride Safely

The 2014 Active Healthy Kids Canada Report Card says our kids are sitting more and doing less. Finding ways for kids to use active travel around the community, like walking or wheeling, could help. Think about being active when you go to the store, library or a friend's house, instead of using a car. Riding a bike to do chores is a great way to add physical activity to your family's day.

Like many health habits, leading by doing is a good way to teach safe cycling skills. Here are some bike tips to think about with your child:

- Children need to be watched as they develop bike skills.
- Use a helmet that fits.
- Ride a bike that fits.
- Make the bike legal with lights, a bell or horn, and reflective tape.
- Learn the rules of the road. Consider taking a course as a family to learn road signs, hand signals, and safe riding skills.

For more information on safe cycling visit [www.ottawa.ca/cycling](http://www.ottawa.ca/cycling) or contact Ottawa Public Health at 613-580-6744.