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San Benito County Safe Kids Coalition Hosts Bike to School Day Events

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FOR IMMEDIATE RELEASE

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(San Benito County, CA) – San Benito County Safe Kids Coalition joined San Benito County Council of Governments, Hollister School District and San Benito High School to celebrate Bike to School Day in the city of Hollister on May 8, 2019. This event brought together children, parents and educators to raise awareness about bike safety.

In partnership with Bell Sports, Safe Kids coalitions celebrated Bike to School Day in hundreds of communities across the United States as part of National Bike Month. Events promoted biking to school as a safe and fun way to travel, while highlighting important bike safety information, like wearing a helmet.

“Kids and adults alike need to wear properly fitted bicycle helmets every time they ride bikes or participate in other wheeled sports,” said Ofelia Toledo-Prieto, coordinator for San Benito County Safe Kids Coalition. “A helmet is the single most effective way to prevent head injury resulting from a bicycle crash. So many children still do not wear them in our county. We have a simple saying: ‘Use your head. Wear a helmet.’”

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Bike to School Day is an important opportunity for students to learn how to safely bike to and from school.

Safe Kids Coalition reminds families to follow these tips when biking:

- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay to as far to the right as possible. Use appropriate hand signals and respect traffic signals. Stop at all stop signs and stoplights.
- Teach your kids to make eye contact with drivers to make sure drivers are paying attention and are going to stop before they cross the street.
- When your kids are riding at dusk, dawn or in the evening, make sure they use lights – and make sure their bikes have reflectors as well. It's also smart to have children wear clothes and accessories that have retro-reflective materials to improve visibility to motorists.
- Actively supervise children until you're comfortable that they are responsible to ride on their own.

San Benito Safe Kids Coalition works to protect children from preventable injuries, the number one cause of death for children in the United States. This coalition is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury.

For more information on San Benito County Safe Kids Coalition, visit www.safekids.org or call Public Health Services at (831) 637-5367. Additional information is also on our website at <http://hhsa.cosb.us/>.

