



Capital Health
EDMONTON AREA

special edition

HealthTALK

Community Health Services Newsletter for Teachers and School Staff

Injury
Prevention

April 2008

In this Issue: Helmet Safety

Helmet Resource Kits FOR LOAN – Free

Building on the success of the bike helmet resource kits, a newly expanded all season resource kit has been developed. As before, the kits are available *free of charge* to schools, community agencies, and businesses within the Capital Health region all year around.

The comprehensive kits will provide educators with the information and resources to teach children and teens '*safe riding skills and attitudes*' whether cycling, snowboarding, skiing, or skateboarding.

These kits complement Alberta Education's Program of Studies for Health and Life Skills; with material suitable for kindergarten to grade 8. Learning links also exist in Art, Drama, Information and Communication Technology, and Language Arts.

Included in the kit is a manual containing lesson plans, quizzes, and student information sheets. To maximize the learning experience supplemental resources such as helmets, DVDs, and books are also provided.

Lessons may be taught independently or as a complete series. This provides the educator with the opportunity to adapt all, or portions of, the modules he/she feels best suits his/her groups' needs

To find out how more about booking a free kit, please visit www.capitalhealth.ca/kidsafe

Helpful Web Sites

www.capitalhealth.ca/kidsafe is the Web site where many resources are available to support you in the classroom.

Resources available include:

- detailed lesson plans on presenting helmet safety information
- www.saferoads.com is the Alberta Infrastructure and Transportation Web site which provides additional information on transportation safety

What can a school do to promote the safety message?

- Put the "Gotta Brain Getta Helmet" slogan on the outside sign board during the month of April.

Classroom Materials

Different materials may be ordered from the Traffic Safety Initiative by faxing (780) 422-3682. These include 2 pamphlets; Safe Cycling Checklists and Helmet Brochures. Also available: 2 posters; helmet or family poster and a promotional item for the students. These are all available free of charge.

When thinking about teaching helmet safety, remember there are lots of materials out there to support your efforts. The helmet resource kits provide a helpful orientation video that teaches you or volunteers in your classroom how to correctly fit helmets.

What if a child in my classroom can't afford a helmet?

- Sport Central is a community based organization that provides bike helmets to families that can't afford them
- To make a referral call 477-1166 or use the attached referral letter

Parent Information

Cycling is the most popular outdoor activity among young Albertans. Children ride their bikes to school, to the corner store, and around their neighborhood. But regardless where a child is riding their bike, there are many things that they must do to ensure their safety and the safety of those around them.

As of May 1, 2002, the law has required all children and youth less than 18 years of age to properly wear an approved helmet while cycling (including passengers in bike trailers). Research shows that safety approved bike helmets, when worn correctly, reduce the risk of brain injury by over 85%. All cyclists crash eventually and even a low speed fall on a bike path can cause a brain injury.

Allow children to choose their own helmet. They are more likely to wear a helmet that they had a part in picking out. Today helmets are designed to look good and feel great. They are light, cool, comfortable, affordable, attractive and easy to wear. **Always insist that your child wear a helmet. The rule is simple...no helmet, no bike!!!**

Role modeling plays an important part in the behavior of children. You never know who is watching you. A child will wear their helmet 99% of the time if they are riding with an adult who is also wearing a helmet – be a positive influence and who knows...it could end up saving a life!



With thanks to Kidsafe Connection – Stollery Children's Hospital

Why wear a bicycle helmet?

- Every year thousands of riders are injured and hundreds die in Canada from bicycle-related injuries.

A fall from a bicycle at 7-10km/hr can result in a severe brain injury.

- Most bicycle-related deaths are due to head injuries.
- Bicycle helmets are the only effective protection against head injury.
- Many bicycle injuries do not involve a vehicle at all but are simply a fall off the bicycle.

A good fit means:

- The helmet is level on the head, touching all around, comfortably snug but not tight;
- You should not be able to move the helmet in any direction;
- Using the sizing pads for a comfortable fit;
- Taking the time to adjust the straps to form a "V" just below and forward of the ears;
- Having no more than the width of one finger between the chinstrap and the chin.

How can I get my child to wear a helmet?

- Let your child help pick out the helmet they want.
- Be a role model and wear a helmet yourself.
- Praise and reward children when they wear their helmets.
- Have a consistent rule. **No helmet, no bike.**
- Encourage your child's friends to wear their helmets.
- Talk to your children about the importance of wearing helmets

Helmet Fit



With special thanks to Kidsafe Connection – Stollery Children's Hospital

Date _____

Sport Central
11847 Wayne Gretzky Drive North
Edmonton, AB.
Phone: (780) 477-1166
Fax: (780) 474-9982

1. The _____ family (child's last name please) is in need of Sports Equipment to meet the family's seasonal recreation needs. The following equipment is required: (i.e. baseball bat, ice skates etc.)

Name(s)	Requires	Name(s)	Requires
1.		4.	
2.		5.	
3.		6.	

I will inform the family that it is their responsibility to call Sport Central and set up an appointment time.

AND/OR

2. The _____ family (child's last name please) is in need of a bicycle(s).

Name(s)	Date of Birth	Age	Weight	Height	M or F
1.					
2.					
3.					
4.					
5.					

Contact person when bike(s) are ready is: _____
Parent/Guardian/Worker (circle) Phone # _____

Thank you for your support in helping our families meet their recreational needs.

Sincerely,

Teacher

Print Name

Signature

Contact #

School

Address

Phone #

**TEACHERS MUST COMPLETE THIS REFERRAL AND FAX THE FORM TO SPORT CENTRAL AT 474-9982.
Please photocopy on school letterhead.**