

# Maude Burke Elementary School

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*Learning Today,...for Tomorrow...*

**Bike Helmet Mandatory School:** Maude Burke Elementary School is a Bike Helmet Mandatory School.

*What does this mean?* This means that all students that come to school on a bike must be wearing a bike helmet.

*Why?* To help in the prevention of head injuries should an unfortunate incident ever take place.

Students not wearing helmets will be reminded of the school rule, which may include parental contact should it persist.

*What if we do not have a helmet?* We encourage you to purchase a helmet. We are hoping that students wearing helmets to school will make the wearing of helmets habitual so it takes place anytime they get on a bike, rollerblades, skateboard, scooter, etc., and will make helmets the norm vs. something for others to laugh at.



There is a growing internet movement, challenging conventional wisdom that helmets are necessary to reduce brain injuries. As helmet advocates, Maude Burke School would agree that each accident is different and a helmet does not guarantee absolute safety, but there is no research to indicate that helmets increase brain injuries.

The following is an Injury Fact Sheet on Head Injuries and Bike Helmets. Please read this information closely prior to sending your child out on their bike without a helmet. Your responsibility and support in this area is appreciated.

If you have any questions, feel free to contact the school.



Please note - our intent is not to dissuade children from biking and being active. We believe in helmets, and want our students to be safe and healthy!

## Injury Fact Sheet

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### Statistics from the Children's Safety Network June, 2009

Young cyclists are more likely than adult cyclists to die of head injuries, most of which are caused by motor vehicle collisions. Among children and youth age 0 to 19 in 2000:

- **Head injuries accounted for 62.6 percent of bicycle fatalities.**
  - Collisions with motor vehicles accounted for 75.7 percent of bicycle fatalities.
  - **Head injuries can be devastating; sometimes they are fatal. Even apparently minor head injuries can leave a child with permanent brain damage. The damage can take many forms, from speech problems and learning difficulties to memory loss and mood swings. Many of these effects last a lifetime.**
  - ***In the USA, about 500 children under 15 years of age are hospitalized each year for head injuries from cycling.***
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### Bicycle Helmet Effectiveness <http://www.helmets.org/stats.htm>

- Bicycle helmets have been shown to reduce the risk of head injury and the risk of brain injury. Bicycle helmets have also been shown to offer substantial protection to the forehead and midface.
- It is estimated that 75 percent of bicycle-related fatalities among children could be prevented with a bicycle helmet.
- Universal use of bicycle helmets by children ages 4 to 15 could prevent between 135 and 155 deaths, between 39,000 and 45,000 head injuries, and between 18,000 and 55,000 scalp and face injuries annually.
- Child helmet ownership and use increases with the parent's income and education level, yet decreases with the child's age. Children are more likely to wear a bicycle helmet if riding with others (peers or adults) who are also wearing one.

### Will my child actually use it?

Yes, if other children wear one, their parents and other role models use one, the teacher at school has told them how much good helmets do, and the child has picked out the one they really want. No, if the helmet makes your child feel like a geek, nobody else uses one and it does not fit well. Perhaps yes if you have the will to enforce the rule. Most situations fall somewhere in between, and you know your child best. Seventh grade seems to be the most resisting age for helmets, when the feeling of invincibility is strong and the rage for fashion is undeniable. The key motivator of helmet use for kids is fashion, not safety. Try to make use of that.

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### **Warning: No Helmets on Playgrounds!**

In 1999 the first US death involving a bike helmet catching on playground equipment occurred. There have been other near misses. **Be sure to teach your children to remove their helmets before using playground equipment or climbing trees!**