

Preventing injuries for

# BICYCLING



## TOP TIPS

- Bicyclists of all ages should wear helmets. Attention should be given to proper fitting of the helmet. Discard the helmet after one high intensity impact. Please see our 2V1 guide for useful information on fitting a helmet.
- Provincial legislation should mandate the use of helmets for bicyclists of all ages. Please see our 'snapshot of helmet legislation' for provincial helmet laws.
- All road users: Be educated about and practice road safety (e.g. signaling, speed, gauging road conditions, rules of the road, etc.).
- Motorists should be aware of vulnerable road users, respect speed limits, and actively avoid contact with bicyclists.
- Ensure proper functioning of your bike, especially the brakes.
- Children should avoid areas of road traffic – especially higher speed zones.
- Use designated areas for riding when available and abide by bylaws, these are in place for your safety as well as others such as pedestrians.
- Ensure adequate visibility while riding, this includes both bright clothing at night and reflective material on the bike itself.
- Use eye protection when necessary to protect from weather and foreign bodies.

## DID YOU KNOW?

- Previous research conducted by Dr. Charles Tator and ThinkFirst (now part of Parachute) indicates that there was an average of 72 catastrophic injuries related to biking per year in Ontario. This translates to 2.36 Catastrophic injuries per 100,000 participants.
- According to the previous research, children and adolescents under 20 years are at the greatest risk for catastrophic injuries from bicycling.

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## RISK FACTORS TO CONSIDER

**Gender:** Previous research indicates that young males, less than 20 years of age comprised over 46% of all catastrophic injuries in bicycling. In fact, the total number of male catastrophic injuries is more than 3.5 times greater than the injuries in females even though participation rates are almost equal. Further, overall injury rates (lacerations, contusions, broken bones) for males and females were equal.

**Equipment:** Failing to wear a helmet is a primary risk factor in bicycling injuries.

**Vehicles:** Cycling in close proximity to motor vehicles increases risk of injury.

**Riding Environment:** Objects on the road and loose gravel add to the risk of injury.

TELL US WHAT YOU THINK  
about bicycle use and child  
and youth health:

[info@parachutecanada.org](mailto:info@parachutecanada.org)

For more information on this and other sport and recreation injury topics, please refer to the following text: Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated



Parachute is bringing attention to preventable injury and helping Canadians reduce their risk of injury and enjoy long lives lived to the fullest.

[www.parachutecanada.org](http://www.parachutecanada.org)