

HELMET PLEDGE

Because I love my child I will keep him/her safe while playing.

I will make sure that my child, _____, wears a helmet *every time* he/she rides a bicycle scooter, skates, or skateboard.

I will make sure that the helmet fits correctly, with straps snug under the chin and the helmet on straight.

Parent/Guardian Signature

Date



Many services are covered by Medi-Cal. If you would like to receive information regarding Medi-Cal eligibility, call the Social Services office in your area: Richmond (510)262-7700; Hercules (510)412-3000; Central County (925)313-7987; East County (925)706-4980. Provided by Injury Prevention. For more information regarding bicycle safety call (925)313-6821.

Helmet Pledge Instructions

The parent pledge explains the importance of wearing a helmet while riding a bicycle, scooter, skates, and skateboard.

Parents must be present when distributing helmets to children and should be shown how to properly fit the helmet on the child's head. After properly fitting the helmet the parent should sign the helmet pledge.

When talking to parents about helmets, it is important to stress the following:

- ❖ According to California law everyone under the age of 18 must wear a helmet
 - When riding a bicycle
 - When using a skateboard, scooter, or in-line skates
- ❖ According to medical research, even a small head injury can cause memory loss and mental problems

Give the actual helmet and the parent pledge to the parents. Make sure they sign it and wish them a safe journey.