

Be smart, be safe!!!

Wearing a helmet is the single most important safety measure to follow when bicycling, skateboarding, or roller blading, especially for children and young adults. Each year, many cyclists and skaters are injured or killed in crashes – many of which do not even involve other motor vehicles.

Head injuries are the most common reported injury, and are the most common cause of death resulting from these accidents. Roughly 75% of bicycle related fatalities amongst children could be prevented if helmets were worn.

They are also the most preventable, since the use of a proper-fitting helmet offers excellent protection against head injuries. The risk of brain injury from a fall can be reduced by as much as 90% by simply wearing a helmet.

In NJ, it is against the law for anyone under the age of 17 to bike, skate or skateboard without wearing a proper helmet. If a violation is observed by a police officer, the child will be warned of the offense, and the parent or guardian of the child may be issued a citation which can result in fines of up to \$100. Any fines collected under this statute are deposited directly into a fund which is utilized to promote bicycle and skating safety programs and education by the State of NJ.

In a continuing effort to keep our children safe, Springfield police officers will be more aggressively enforcing the helmet laws.

Please speak to your children not only about the importance of wearing a helmet for safety reasons, but also that there are laws requiring them do so.