

Bicycle and rider should be checked before riding

A well adjusted bicycle is a safe bicycle. Chances are, your children or grandchildren have grown some since they were last on their bikes. With the arrival of warmer weather, it's the perfect time to get the bicycles and helmets out of storage and make sure they pass the safety test. Helmets should fit snugly but not so snug that they pinch or create pressure, or don't touch the top of the head. The bottom of the helmet should be parallel to the ground when it is worn. Chin strap should be adjusted so a finger or two can fit between the strap and the chin when latched. Pump up those tires! Show your children how to remove the valve cap, add air, and test the pressure. Seat height should allow the rider's leg to be at a 90 degree angle when the pedal is at its highest point. If the angle is less than 90 (the knee is in front of the calf), it can create pressure on the knee joint.