



## **Wear Your Helmet!!!**

Tri-Lakes Monument Fire protection District in conjunction with Monument Police Department developed a program for promoting the use of bicycle helmets. The goal of the partnership is to offer helmets to youth who do not own one. An Officer may spot a cyclist riding without a helmet and then give a letter to the child to bring to the Fire Administration building at 166 2<sup>nd</sup> Street, downtown Monument, to obtain their free helmet. A donation of \$10 is greatly appreciated in order to continue funding the program. For more information on bicycle safety see links below.

### **Quick tips**

- Never allow a child to ride a bike without a helmet
- Wear a helmet yourself
- Reward child for wearing helmet
- Explain importance of protecting your head.

[http://kidshealth.org/kid/watch/out/bike\\_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)

<http://www.bhsi.org/helmet10.htm>

<http://www.monumentpd.org>