



# Cycling **TASK FORCE**

The Cycling Task Force is made up of members of all local governments, working together to develop a comprehensive cycling strategy. Our goal is to improve cycling access in the Comox Valley, both recreationally and for commuting, and to improve safe travel for all members of the public and safe access to regional bikeways.

The Task Force will focus on education, recreation, and transportation. Making cycling safe, enjoyable and efficient in the Comox Valley will lead to more people getting on their bikes - improving their health and creating a cleaner environment and community!

Check the local government websites for details on Comox Valley Task Force meetings:

[www.courtenay.ca](http://www.courtenay.ca) • [www.comox.ca](http://www.comox.ca)  
[www.comoxstrathcona.ca](http://www.comoxstrathcona.ca)

**For more information** contact  
Ronna-Rae Leonard 338-0978 or  
email [charyrr@telus.net](mailto:charyrr@telus.net)

**Watch for Fall events!**

## Helmet Use and Fit

*Remember that a helmet is only meant to be a last resort for safety. It does not replace safe riding skills or supervision where necessary. Wear a helmet, but ride as though you weren't wearing one.*

### Buying a Helmet

- Ensure that the helmet you buy is certified. Look for a small sticker on the inside of the helmet that reads Snell, ASTM, CPSA or CSA.
- If you let your child pick out his or her helmet, there's a much greater likelihood that it will be worn.
- The helmet must fit now, and not be 'grown into'. Be sure it is worn always, and ensure that you are a good role model for your child (and others) by wearing your helmet each time you ride.
- Price isn't the best indicator of safety. Higher-priced helmets generally weigh less, have more ventilation, and a better strapping system, but aren't necessarily safer.
- Avoid buying or using a skateboard-style helmet (one in which the straps angle in toward the face from the edge of the helmet, rather than lying flat against the face). The strap systems on these do not allow proper tightening.
- Replace your helmet every three to four years, or after it has been in an impact (either from a collision, or from falling from any height, such as from a shelf).

### Make sure that your helmet:

- is the right size for you and is comfortable
- is level when done up
- has its straps adjusted properly (snug and lying flat)
- is treated carefully, and has not been damaged

*Information courtesy Allan Dunlop and  
Cycling Solutions, [www.CyclingSolutions.ca](http://www.CyclingSolutions.ca)*

