

BICYCLE HELMET LAW OF NEW JERSEY

New Jersey state law requires that children under the age of **seventeen** wear an approved bicycle helmet while riding a bicycle. The law also applies to any child in a restraining seat which is attached to the bicycle or in a trailer being towed by a bicycle.

According to the New Jersey Head Injury Association, forty percent (40%) of all bike deaths involve children fourteen and under. Bike helmets reduce the risk of head injury by eighty-five percent (85%) and the risk of brain injury by ninety percent (90%).

A youngster who violates this requirement shall be warned of the violation and the parent or legal guardian of that person may be fined up to \$25 for the first offense, and up to \$100 for a subsequent offense.

Parent Tips for Buying Helmets:

- Take your child with you to make sure the helmet fits properly.
- The helmet should fit snugly, but comfortably, with the straps adjusted properly the helmet should not rock from side to side.
- Check the helmet for approval from the "Snell Foundation" or the "American National Standards Institute" (ANSI).
- Convince your child how important the helmet can be to his or her safety and insist they wear them.
- Set a good example by wearing your own helmet when bicycling.