It’s the Law

In 1995, the Alabama Legislature enacted a helmet law. It states that anyone under the age of 16 must wear a helmet while riding a bicycle.

Not wearing a helmet may result in the following offenses:

- First Offense- Bicycle safety counseling
- Second Offense- Parent/guardian citation
- Third Offense- Temporary bicycle confiscation.

Violators may also be responsible for a fine.

Notable Facts:

In Alabama, children under the age of 16 must wear a helmet when riding a bicycle. In case of a violation, the child’s parent or guardian may receive a citation.

Nationally, children ages fourteen and under account for over half of the reported bicycle related injuries and 80 percent of the bicycle related fatalities.

Wearing a helmet can reduce the risk of a serious head injury by as much as 85 percent. Most deaths related to bicycle crashes involve head injuries.

Over 70 percent of car-bicycle crashes occur at intersections such as driveways, alleys, and parking lots.

For More Information contact the Crime Prevention Division of the UAB Police Dept. at 205-934-2409

www.uab.edu/police
Carefully Choosing and Maintaining Your Bike

- You must be able to straddle the bike’s cross bar with both feet placed firmly on the ground.
- Equip your bike with a rearview mirror.
- Always check your brakes before riding.
- Check the tires before every ride and after any crash or fall.

Wearing a Helmet

- The helmet should fit snugly and be worn in a level position on your head.
- Make sure that the helmet does not move in any direction, back-to-front or side-to-side.
- Always secure the chin strap.

Obeying Traffic Laws

- Always travel single file in the same direction as vehicles.
- Bicycles are considered vehicles. Bicyclists must obey the same laws as motorists.
- Always signal your moves.

  **Right Turn Signal:** Extend your left arm with the elbow bent upward or bend your right arm horizontally at shoulder height.

  **Left Turn Signal:** Extend your left arm horizontally at shoulder height.

  **Stop Signal:** Extend your right or left arm with elbow bent downward.

Staying Alert

- Watch out for potholes, cracks, drainage grates, or anything that could make you fall.
- Scan for cars pulling in and out of driveways, alleys, and parking lots.
- Be extra careful when roadways are wet or icy.

Being Visible

- Wear bright colors that make you more visible day or night.
- Equip bicycles with reflectors.
- When riding at night, ride on brightly lit streets, wear retro-reflective clothing, and secure retro-reflective materials on ankles, wrists, backs, and helmets.
- Stay aware of fellow vehicles and pedestrians on the roadway.
- Keep your line of sight open at all times. Avoid wearing anything that will block your field of view.