

# E-Bike Safety Tips for Kids and Families

Electric bicycles (E-bikes) are fun and can help people get around while also being good for your health and the environment. But, e-bikes are faster and heavier than regular bikes. This means crashes can cause serious injuries. Follow these tips to stay safer every time you ride

## Age and Helmet Safety

- Children under 12 should not ride e-bikes
- If an e-bike goes faster than 20mph, a motorcycle-style helmet is recommended
- E-bikes that go over 28 mph or do not have pedals are treated like motor vehicles and require a license

## Ride Smart and Stay Safer

- Always wear a helmet, even if it is not required by law
- Ride in the same direction as traffic
- Use hand signals and follow stop signs and traffic lights
- Do not use your phone while riding
- Do not carry passengers unless the e-bike is made for it
- Never ride after using alcohol or drugs

## Take Care of Your E-Bike

- Check brakes often
- Charge your battery safely and do not overcharge it
- Do not change your e-bike to make it go faster
- Faster e-bikes can be dangerous and may break the law

## What to Do If You Crash

- Tell an adult right away
- Check checked by a doctor, even if you feel okay. Some injuries are hard to see at first

## Parents: Keep Your Child Safer

- Learn about the types of e-bikes and local laws before buying one for your child.
- Make sure the e-bike is safe and legal for your child
- Set clear rules about where and when your child can ride
- Parents and guardians are legally and financially responsible for injuries or damage caused by their child while riding an e-bike

# E-Bike Safety Agreement

E-bikes are fun, but they can be fast and powerful.  
This agreement will help me stay safe every time I ride.

## Child Rider Promise

### I agree to:

#### Be Safe

- I will always wear a helmet
- I will wear bright clothing so others can see me
- I will not wear headphones while riding

#### Follow the Rules

- I will ride in the same direction as traffic
- I will stop at stop signs and lights
- I will use hand signals when turning
- I will not use my phone while riding

#### Ride Smart

- I will ride at a safe speed
- I will not carry passengers unless my bike is made for it
- I will stay in approved areas only
- I will not ride at night unless I have lights and permission

#### Make Good Choices

- I will not ride after using alcohol or drugs
- I will tell an adult if something feels unsafe
- I will tell an adult right away if I crash

## Parent/Caregiver Promise

### I agree to:

- Make sure my child has a helmet that fits
- Help choose an e-bike that is safe and legal
- Set clear rules for where and when my child can ride
- Ride with my child to teach safe habits
- Check that my child can control the bike safely
- Make sure the bike is in good working condition
- Talk often with my child about safe riding choices

**Our Family Rules:** \_\_\_\_\_

\_\_\_\_\_

If I do not follow these rules, I understand that I may lose my riding privileges.

Child Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_