

# Bicycle Safety

## Helmets

- New York State Law requires all children under the age of 14 years to wear a helmet when riding a bicycle.
- In accordance with Fort Drum Regulation all personnel riding a bicycle on the installation must wear a bike helmet.
- Ensure your helmet fits properly.



## In Accordance With Fort Drum Regulation 190-2

- Every bicycle must be equipped with a bell capable of producing an audible noise that can be heard from at least 100 feet (No whistles or Sirens).
- Any bike being utilized after sunset must be equipped with a white light which can be seen at least 500 feet to the front, and a red light that can be seen at least 300 feet to the rear.
- Every rider, regardless of age, must wear a reflective strap.
- All bicycles must also have reflex reflectors and/or reflective tires.

