

SAFE ROUTES TO SCHOOL



Walking and Wheeling Newsletter

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www.arsaferoutes.org

BIKE HELMETS 2010

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If you are buying a new helmet you may want to look at some of the new styles available this year. The new models appearing with the rounder, smoother profile in 2010 are considered by the Bicycle Helmet Safety Institute to be safest in crash situations. There is no major advance in impact performance, ventilation or wear-ability that would compel you to replace your current helmet.

The biggest technical news for this year is the appearance of two helmets that use slip-plane technology. The concept is not new, but these are the first helmets available in the retail market. This technology has been proven to reduce rotational injury, now generally accepted as a prime cause of concussions. There are two round, smooth skate-style helmets available on the market with this technology built in, but no well-vented bicycle helmet has it yet.

The good news for consumers is testing shows that the very expensive helmets and the very cheap helmets all have about the same impact protection. You can pay more than \$200 if you want, but discount stores have models that meet the same Consumer Product Safety Commission impact standard at an everyday price of \$10.

For more information on the 2010 review of bicycle helmets, please visit <http://www.bhsi.org/helmet10.htm>.

“An early-morning walk is a blessing for the whole day.”

– Henry David Thoreau

HASKELL, ARKANSAS

In 2007, Haskell, Arkansas was awarded a 100% reimbursed SRTS infrastructure grant from the Arkansas Highway and Transportation Department. They began sidewalk construction December 2009 and weather permitting, will finish the first phase of the town’s plan to increase safety for children walking and riding bicycles to school mid March 2010. This was a lengthy process for the small community of 2,600, but “It was totally worth the process” according to Mayor Jeff Arey in describing the town’s SRTS experiences. When asked his favorite part of the project, he responded, “The concrete.”



Based on their observations and their walkability and bikability surveys, Haskell broke their project into phases. The first phase of this plan is the sidewalk to accommodate the majority of children who currently walk or ride their bikes to school. The next projected phase is to connect to more subdivisions, ballparks and other existing trails. They submitted an application in 2009 for a grant to fund this project. Mayor Arey says he knows what to expect for the next part of the process based on what he has learned.

When the SRTS grant application was submitted, the school district and police department agreed to partner to build a safety component into the project. Their partnership will coordinate efforts to provide the school with a crossing guard program to increase safety for all children walking and biking to school.

Thanks to Haskell for your innovative leadership in the Arkansas SRTS program!

SRTS NATIONAL PARTNERSHIP

Julie Hendrix is a native Arkansan from Pine Bluff and is excited to serve as the Arkansas Safe Routes to School (SRTS) State Network Project Organizer for 2010-2011. Thanks in part to the Robert Wood Johnson Foundation, the Centers for Disease Control and Prevention, and Kaiser Permanente, the Safe Routes to School National Partnership is supporting this grant for 20 state networks.

The Arkansas Network will work to increase physical activity among all students, ensure that federal SRTS funds are spent on quality projects, work to leverage additional state resources for SRTS initiatives, and advocate to remove barriers surrounding walking and bicycling to school through policy initiatives.

The eleven policy areas being evaluated include: wellness policies, low-income populations, crime reduction, strategic highway safety plans, school siting, school bus cuts, legislation, fine-based mechanisms, curriculum and training programs, Complete Streets, and application guidelines for the Arkansas SRTS program.

The Arkansas Network will assess and evaluate how these policies are currently being used and might be improved in Arkansas as they specifically relate to SRTS. If you are interested in being part of the state network action plan, contact Julie Hendrix at 501-350-0713 or arkansas@saferoutespartnership.org. For more information, please visit <http://www.saferoutespartnership.org/arkansas>.

2-4-1 RULE



Two fingers above the eyebrow to the bottom of the helmet with the helmet sitting level on the head.



Four fingers to make a V-shape around the bottom of each ear.



One finger under the chin strap so that when you open your mouth you feel the helmet pull down.

NOW, SHAKE YOUR HEAD.

IF THE FIT IS RIGHT THE HELMET WILL STAY ON TIGHT.

Adapted with permission from City of Toronto, Canada

For more information on SRTS, please contact:



Injury Prevention Center

It only takes a moment.

archildrens.org



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