



# CITY OF CLEARWATER

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POLICE DEPARTMENT

## **RELEASE 11-128**

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### **AMERICORPS CLEARWATER PARTNERS WITH AMSCOT FOR FREE BIKE HELMET GIVE-AWAY**

**Clearwater, Fla.** – The most effective way to reduce the risk for head injuries from bicycle crashes is to wear a helmet. AmeriCorps Clearwater is partnering with Amscot Financial to give away free helmets.

The give-away is targeting children in pre-school and elementary school. The helmets are offered in three sizes: small, medium and large and will be distributed on a first-come, first-serve basis this **Saturday, October 22, 2011 from 9:00 a.m. to 12:00 p.m.** in the parking lot of the **Amscot at 1825 Gulf to Bay Boulevard** in Clearwater, Florida.

Parents can greatly reduce head injuries associated with bicycles crashes by making sure young riders always wear a helmet. Making sure the helmet properly fits is also important. Conduct the "Eyes, Ears and Mouth" test:

- **EYES** check: Position the helmet on the child's head. The bottom rim of the helmet should be one to two fingers above the eyebrows.
- **EARS** check: Make sure the straps of the helmet form a "V" under the child's ears when buckled. The strap should be snug but comfortable.
- **MOUTH** check: Have the child open his or her mouth as wide as possible. Does the helmet feel snug on the child's head? If not, tighten the straps.

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