

MANITOBA BIKE HELMET SAFETY COURSE

Welcome to the **Manitoba Bike Helmet Safety Course**. As of May 1st, 2013 a new law makes it compulsory for cyclists under 18 to wear a properly fitted and fastened protective helmet when cycling. If you are under 18, and not wearing a bike helmet when cycling, or are a parent or guardian of someone under 18 that is not wearing a bike helmet when cycling, you can be ticketed under the *Provincial Offences Act*.

This law also provides an alternative to paying a fine, for cyclists who have received their **first ticket** for not wearing a helmet. They can take the Manitoba Bike Helmet Safety Course and have their fine dismissed.

We encourage parents and their children to both take part in this educational opportunity. Anyone interested in improving their knowledge of bike helmet safety can take this course.

Wearing a helmet when riding a bicycle has proven to reduce the risk of serious head and brain injury by more than 85 per cent. This course will help you learn some important facts about bike helmet safety and should take you less than 10 minutes to complete. This paper copy of the Manitoba Bike Helmet Safety Course consists of:

1. Reading a short bike helmet video script
2. Answering a questionnaire about bike helmets
3. Entering your name, address and ticket information
4. Mailing in your completed course for processing

To successfully complete the course you must finish all steps. Before you start, be sure to have your ticket with you as you will need it to complete the course. You are not being marked, so don't worry about passing or failing, just concentrate on learning about bike helmet safety.

IMPORTANT:

If you do not pay the ticket, dispute the ticket, or do not complete the Manitoba Bike Helmet Safety Course **on or before the final response date printed on the ticket**, a **default conviction** may be entered in your absence. A \$50 default conviction penalty will be added to any other penalties. Non-payment of a fine will result in legal action being taken against you.

We encourage you to complete and mail this course two weeks prior to your ticket due date to allow time for mail delivery and processing.

STEP 1: BIKE HELMET VIDEO SCRIPT

Skull, dome, melon, nut... no matter what you call your head I think we can all agree it's worth protecting, right? When you're doing something cool like riding a bike, you'll find that hazards are everywhere; from car doors to gravel on the street, to dogs crossing your path. Yeah, even the cute ones. Crashes can happen – even to those with awesome biking skills. In a fight between your head and the pavement – the pavement always wins. So it makes sense to protect your skull and the valuable grey matter inside by wearing a certified helmet.

Think you'll look like a dork? Noway! There are plenty of cool-looking helmets out there with tons of styles and colours to choose from. There's downhill and BMX helmets, mountain bike helmets, road helmets, and racing helmets. Whatever style you choose, make sure it's for the kind of riding you're doing, and that it's safety certified. Visit any good bike shop or sporting goods store if you aren't sure what kind of helmet you need. They'll have people to help make sure you're making the right choice.

Even a certified helmet has to fit right to work properly. When picking your size, make sure it doesn't wobble around or fall off when you nod yes or shake no – even when the straps are undone. Some helmets come with extra pads you can attach, or a nifty crank to help you get dialed in.

Once you have found the right helmet that fits you, remember the **2V1 Rule**: With your helmet sitting level on your head you should have no more than “2” fingers between your eyebrows and the bottom of the helmet. The side straps should form a “v” shape just below your ears. Adjust the chin strap so only “1” finger fits under your chin. When you open your mouth wide the helmet should still feel comfortable.

Taking care of your new helmet is easy. Just keep it in a cool dry place, away from excessive heat or direct sunlight. That's bad for the foam stuff that protects your brain-box. Clean off any grossness with a mild cleaner like dish soap and warm water. A certified helmet will last 3 to 5 years, after that it's time to get a new one. If you have a crash, or there are visible signs of damage your helmet is officially toast. There are no accidents, only crashes – but nobody has one on purpose. So protect your brain and wear a helmet when you ride. Have fun and ride safely.

STEP 2: BIKE HELMET SAFETY QUESTIONNAIRE

Please select one answer that you believe is correct in each of the questions below:

1. The “2” in the 2V1 helmet fitting rule means:

- a) there should be two fingers between your helmet and eyebrows
- b) there should be two fingers between your chin and the strap
- c) there should be two inches between your helmet and eyebrows

2. The “v” in the 2V1 helmet fitting rule means:

- a) straps should form a v shape around your chin
- b) straps should form a v shape just under your ears
- c) your helmet should form a v shape at the back of your head

3. The “1” in the 2V1 helmet fitting rule means:

- a) there should be one finger between your helmet and eyebrows
- b) only one finger should fit between your chin and the strap
- c) there is one helmet strap

4. How long do bicycle helmets last?

- a) 3–5 years (depending on use and care)
- b) 10 years
- c) 20–30 years

5. If you’re in a crash on your bicycle, you should:

- a) only replace your helmet if there is visible damage
- b) use the helmet for the rest of its life span
- c) get a new helmet

6. For the greatest protection, your helmet should be

- a) your favourite colour
- b) stored in a warm place
- c) safety–certified

STEP 3: NAME, ADDRESS AND TICKET INFORMATION

Course participants with a FIRST bike helmet offence.

Privacy Statement

Your information is being collected for review by the Provincial court of Manitoba. If your certificate information matches your ticket information and it is your first offence, then your ticket will be dismissed. We will only retain personal information for as long as necessary to fulfill the purposes for which it was collected and as permitted or required by law. The Government of Manitoba’s management of personal information is governed by the Freedom of Information and Protection of Privacy Act (FIPPA). This section of the Act requires government organizations to collect only the personal information that is necessary for the administration of a government program. The personal information you provide through our website will not be shared outside of government.

_____ I acknowledge that I am taking the Manitoba Bike Helmet Safety Course for dismissal of my first bike helmet offence. I would like my Certificate of Course Completion mailed to me at this address:

For dismissal of an offence, you must accurately enter information from your ticket. This information must be entered **exactly** as it appears on your ticket to ensure correct identity.

TICKET / PROCÈS-VERBAL D'INFRACTION

The Provincial Offences Act / Loi sur les infractions provinciales



Manitoba
22-3

THE ENFORCEMENT OFFICER WHO HAS COMPLETED THIS TICKET HAS REASONABLE GROUNDS TO BELIEVE AND DOES BELIEVE THAT:
L'AGENT D'EXÉCUTION QUI A REMPLI LE PRÉSENT PROCÈS-VERBAL D'INFRACTION A DES MOTIFS RAISONNABLES DE CROIRE ET CROIT EFFECTIVEMENT QUE :

| | | | | | |
|--|-----------------|---------------------|--------------|---|--|
| LAST NAME / NOM DE FAMILLE 1 | | FIRST NAME / PRÉNOM | | MIDDLE NAME(S) / AUTRE(S) PRÉNOM(S) | |
| ADDRESS / ADRESSE (if known / si elle est connue) 2 | | | | MANITOBA or / ou | POSTAL CODE / CODE POSTAL |
| DRIVER'S LICENCE OR PERMIT NUMBER / NUMÉRO DU PERMIS DE CONDURE or / ou | | MANITOBA or / ou | | LICENCE PLATE NO. / N° DE PLAQUE D'IMMATRICULATION MANITOBA or / ou | |
| ON OR ABOUT LE OU VERS LE | DAY / JOUR 4 | MONTH / MOIS | YEAR / ANNÉE | AT À | TIME / HEURE AT OR NEAR À OU PRÈS DE LOCATION / ENDROIT MANITOBA |

☐ BEING CHARGED AS OWNER NOT DRIVER OF VEHICLE IN ACCORDANCE WITH SECTION 229 OF THE HIGHWAY TRAFFIC ACT OR SECTION 122 OF THE DRIVERS AND VEHICLES ACT
AYANT ÉTÉ ACCUSÉ(E) À TITRE DE PROPRIÉTAIRE DU VÉHICULE, ET NON À TITRE DE CONDUCTEUR (CONDUCTRICE), EN CONFORMITÉ AVEC L'ARTICLE 229 DU CODE DE LA ROUTE OU AVEC L'ARTICLE 122 DE LA LOI SUR LES CONDUCTEURS ET LES VÉHICULES

DID COMMIT THE FOLLOWING OFFENCE: / A COMMIS L'INFRACTION SUIVANTE :

☐ SPEEDING / EXCÈS DE VITESSE SPEED / VITESSE POSTED SPEED LIMIT / LIMITE DE VITESSE AFFICHÉE

☐ DISOBEY A TRAFFIC CONTROL DEVICE, NAMELY: / NE PAS SE CONFORMER À UN DISPOSITIF DE SIGNALISATION, À SAVOIR : ☐ red light / feu rouge ☐ stop sign / panneau d'arrêt Specify other traffic control device / Indiquez un autre dispositif de signalisation

For any other offence write authorized description of offence on lines below: / Pour toute autre infraction, veuillez inscrire la description autorisée de l'infraction ci-dessous :

CONTRARY TO: / CONTRAIREMENT À : ☐ The Highway Traffic Act / Code de la route ☐ The Liquor and Gaming Control Act / Loi sur la réglementation des alcools et des jeux ☐ The Drivers and Vehicles Act / Loi sur les conducteurs et les véhicules

☐ Other / Autre (Name of other provincial or federal act or regulation or by-law if not specified above / Nom d'une autre loi fédérale ou provinciale ou d'un autre règlement fédéral, provincial ou municipal, si le nom en question ne figure pas ci-dessus)

SIGNED AND DATED / SIGNÉ ET DATÉ LE DAY / JOUR MONTH / MOIS YEAR / ANNÉE SIGNATURE OF ENFORCEMENT OFFICER / SIGNATURE DE L'AGENT D'EXÉCUTION IDENTIFICATION NO. / N° D'IDENTIFICATION

| HOW TO RESPOND | FINE PAYABLE: MONTANT DE L'AMENDE À PAYER : | COMMENT RÉPONDRE |
|---|--|---|
| OPTION 1: Pay the fine indicated You may admit the offence by paying the fine indicated by the final response date: • IN PERSON: At a Provincial Court office between 8:30 a.m. to 4:30 p.m. Monday to Friday - except holidays. • ONLINE: www.manitoba.ca/finepayment • BY MAIL: Write the ticket number on your cheque or money order payable to the MINISTER OF FINANCE in Canadian funds and send to: PROVINCIAL OFFENCES COURT 373 BROADWAY, WINNIPEG, MB R3C 4S4 | RESPONSE PERIOD / PÉRIODE DE RÉPONSE YOU MUST RESPOND TO THIS TICKET WITHIN THE DATES INDICATED BELOW: VOUS DEVEZ RÉPONDRE AU PRÉSENT PROCÈS-VERBAL D'INFRACTION ENTRE LES DATES INDIQUÉES CI-DESSOUS : DAY / JOUR MONTH / MOIS YEAR / ANNÉE AND ET FINAL RESPONSE DATE: DATE DE RÉPONSE FINALE : DAY / JOUR MONTH / MOIS YEAR / ANNÉE 5 | OPTION 1: Payer l'amende indiquée Vous pouvez admettre avoir commis l'infraction en payant le montant indiqué au plus tard à la date de réponse finale : • EN PERSONNE: À un greffe de la Cour provinciale de 8 h 30 à 16 h 30, du lundi au vendredi, sauf les jours fériés. • EN LIGNE: www.gov.mb.ca/justice/fines/online.fr.html • PAR LA POSTE: Veuillez libeller un chèque ou un mandat en dollars canadiens à l'ordre du MINISTRE DES FINANCES, en y indiquant le numéro du procès-verbal d'infraction, et envoyez-le à l'adresse suivante : COUR DES INFRACTIONS PROVINCIALES 373, BROADWAY, WINNIPEG (MANITOBA) R3C 4S4 |
| OPTION 2: Admit the offence but seek a reduction in the fine or time to pay You may go to a Provincial Court office during the response period if you admit the offence but want to appear before a justice to explain why your fine should be reduced or why you need more time to pay. | OPTION 2: Reconnaître avoir commis l'infraction, mais demander une réduction du montant de l'amende ou une prolongation du délai de paiement Vous pouvez vous présenter à un greffe de la Cour provinciale pendant la période de réponse si vous admettez avoir commis l'infraction, mais que vous souhaitez comparaître devant un juge pour expliquer pourquoi le montant de l'amende devrait être réduit ou pourquoi vous avez besoin de plus de temps pour payer. | OPTION 2: Reconnaître avoir commis l'infraction, mais demander une réduction du montant de l'amende ou une prolongation du délai de paiement Vous pouvez vous présenter à un greffe de la Cour provinciale pendant la période de réponse si vous admettez avoir commis l'infraction, mais que vous souhaitez comparaître devant un juge pour expliquer pourquoi le montant de l'amende devrait être réduit ou pourquoi vous avez besoin de plus de temps pour payer. |
| OPTION 3: Dispute the charge and request a hearing Disputing the charge means that you do not admit the offence you were charged with. To dispute the charge, you may go to a Provincial Court office during the response period, or go to www.gov.mb.ca/justice/tickets/dispute.html and follow the instructions provided. If a hearing is set, you will be provided with notice of the court date, time and location. | OPTION 3: Contester l'accusation et demander d'être entendu(e) Contester l'accusation veut dire que vous n'admettez pas avoir commis l'infraction dont vous êtes accusé(e). Pour contester l'accusation, vous pouvez vous présenter à un greffe de la Cour provinciale pendant la période de réponse ou visiter le www.gov.mb.ca/justice/tickets/dispute.fr.html et suivre les directives indiquées. Si une audience est fixée, on vous fournira un avis indiquant la date, l'heure et le lieu de cette audience. | OPTION 3: Contester l'accusation et demander d'être entendu(e) Contester l'accusation veut dire que vous n'admettez pas avoir commis l'infraction dont vous êtes accusé(e). Pour contester l'accusation, vous pouvez vous présenter à un greffe de la Cour provinciale pendant la période de réponse ou visiter le www.gov.mb.ca/justice/tickets/dispute.fr.html et suivre les directives indiquées. Si une audience est fixée, on vous fournira un avis indiquant la date, l'heure et le lieu de cette audience. |
| IF YOU DO NOT RESPOND ON OR BEFORE THE FINAL RESPONSE DATE YOU WILL BE DEEMED TO HAVE ADMITTED THE OFFENCE | LE DÉFAUT DE RÉPONDRE AU PLUS TARD À LA DATE DE RÉPONSE FINALE ÉQUIVAUT À UN PLAIDOYER DE CULPABILITÉ | LE DÉFAUT DE RÉPONDRE AU PLUS TARD À LA DATE DE RÉPONSE FINALE ÉQUIVAUT À UN PLAIDOYER DE CULPABILITÉ |
| FOR PROVINCIAL COURT LOCATIONS AND OTHER IMPORTANT INFORMATION SEE REVERSE SIDE | 5 | LES ADRESSES DES COURS PROVINCIALES AINSI QUE D'AUTRES RENSEIGNEMENTS IMPORTANTS SE TROUVENT AU VERSO |

1. *Last Name, First Name, Middle Name*
2. *Address (Street, city or town*
3. *Ticket number*
4. *On or about (Date Offence Occurred)*
5. *Final Response Date*

Please enter your:

First name: _____

Middle name: _____

Last name: _____

Address (street, city or town): _____

Ticket Number: _____

The ticket number must be exactly 8 digits.

On or about date: _____

Final response date: _____

The date cannot be in the past.

Date of course completion: _____

Course participants for education-only.

Privacy Statement

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_____ I am taking the **Manitoba Bike Helmet Safety Course** for education-only.

I would like my Certificate of Course Completion mailed to me at this address:

So we can personalize your certificate, please provide us with your:

first name: _____

Middle name: _____

last name: _____

Step 4

Please mail your completed Manitoba Bike Helmet Safety Course to:

**Manitoba Health, Seniors and Active Living
Health Promotion and Policy Unit**

4089 – 300 Carlton Street
Winnipeg, MB R3B 3M9

To speak with someone concerning the Manitoba bike helmet safety course call us Toll-Free at
1-866-788-3648 or, In Winnipeg **204-945-3648**.

For more information about bike helmet safety visit us online at:

<https://www.gov.mb.ca/health/hep/bikesafety/index.html>