



E-BIKE SAFETY:

QUESTIONS EVERY PARENT SHOULD ASK

E-bikes can be fun and convenient, but they also come with risks.

Here are answers to common questions parents have.



WHAT IS AN E-BIKE?



An e-bike is a bicycle with an electric motor that assists with pedaling or can propel the bike without pedaling, depending on the type. E-bikes can travel much faster than traditional bicycles.



ARE E-BIKES SAFE FOR CHILDREN AND TEENS?



E-bikes can be used safely, but they carry a higher risk of serious injury because of their speed, weight, and acceleration. Safe riding practices, proper supervision, and helmet use are essential.



HOW OLD SHOULD MY CHILD BE BEFORE RIDING AN E-BIKE?

Parents should follow local laws and manufacturer recommendations. Consider your child's:

- Ability to follow traffic rules
- Judgement and decision-making skills
- Riding experience
- Physical ability to control the bike

Not every child is ready for an e-bike, regardless of age.



SHOULD I ALLOW MY CHILD TO CARRY FRIENDS ON AN E-BIKE?



No. Most e-bikes are designed for a single rider unless specifically manufactured with additional passenger safety seating and safety features. Extra passengers can affect balance, braking, and control.



WHERE SHOULD MY CHILD RIDE?



Encourage riding:

- In bike lanes when available
- On routes with lower traffic speeds
- In well-lit areas
- Where local laws allow e-bike

Avoid:

- Sidewalks (where prohibited)
- Distracted riding (phones, headphones)
- Carrying passengers unless designed for it



WHAT RULES SHOULD MY CHILD KNOW BEFORE RIDING?



Teach your child to:

- Obey all traffic signs and signals
- Ride predictably
- Yield to pedestrians
- Use hand signals
- Stay alert and visible



DOES MY CHILD REALLY NEED A HELMET?



YES! Every time they ride.

A properly fitted helmet is the most effective way to reduce the risk of serious head injury.



WHAT SAFETY GEAR IS RECOMMENDED BESIDES A HELMET?



Bright or reflective clothing



Front and rear lights



Closed-toe shoes



Eye protection

MAKE EVERY RIDE A SAFE RIDE.

FAMILY E-BIKE SAFETY AGREEMENT

We agree to make smart choices and look out for each other on every ride.

- ☐ I will wear my helmet at all times on every ride.
- ☐ I will not use my phone while riding.
- ☐ I will follow all traffic laws and signals.
- ☐ I will ride only in approved areas.
- ☐ I will check the bike before each ride (breaks, tires, battery, lights).
- ☐ Parents/guardians will know where and when I am riding.

Rider Name: _____ Date: _____

Parent/Guardian
Signature: _____

WHAT SHOULD I DO IF MY CHILD IS INJURED IN AN E-BIKE CRASH?

Seek medical attention immediately if your child:

- Hits their head
- Experiences persistent pain, vomiting, or confusion
- Loses consciousness
- Has neck pain
- Has difficulty walking



When in doubt, contact your child's pediatrician or seek emergency care.

CALIFORNIA E-BIKE LAW QUICK GUIDE



E-bikes are classified into 3 classes:

CLASS 1: Pedal-assist only, max 20 mph

CLASS 2: Throttle-assist, max 20 mph

CLASS 3: Pedal-assist only, max 28 mph

Riders must be 16+ to operate a Class 3 e-bike. Local regulations may vary. Always check local laws, Helmets are required for riders under 18.

This is general guidance, not legal advice. Visit the California DMV website or check your local city/county for more information.

LOCAL RESOURCES

Learn more about e-bike safety and local laws:



California Highway Patrol (E-Bike Safety)

<https://www.chp.ca.gov/programs-services/services-information/Bike-and-Ped-Safety/>



Orange County Transportation Authority

<https://octa.net/getting-around/active/oc-bike/e-bikes>



California Bicycle Coalition

<https://www.calbike.org/e-bike-resources/>



**Standard Bike
Helmet**



**NTA-8776
E-Bike Helmet**



**Full-Face /
DOT Helmet**

E-bikes are faster and heavier than traditional bikes. At speeds up to **28 mph**, crashes generate more force. A standard bike helmet may not be enough.

Together, we can keep kids safe.



**American Academy of Pediatrics
Orange County Chapter**
INCORPORATED IN CALIFORNIA