

# Bicycle Helmet FAQs

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## Do I have to wear a bicycle helmet while riding on the road?

Yes, if you are under the age of 18 you are required by law to wear an approved bicycle helmet when travelling on any public road. Cyclists over 18 are encouraged to wear helmets for their own safety, but are not required to by law.

## How do I know which helmet to buy?

Consumers should look for a helmet that fits comfortably and meets safety standards. Check the inside of the helmet for stickers from one or more of the following organizations:

- Canadian Standard Association: CAN/CSA D113.2-M89
- Snell Memorial Foundation: Snell B90, Snell B90S, or Snell N94
- American National Standard Institute: ANSI Z90.4-1984
- American Society For Testing and Materials: ASTM F1447-94
- British Standards Institute: BS6863:1989
- Standards Association of Australia: AS2063.2-1990

## Do I have to wear a bicycle helmet while riding a power-assisted bicycle (also known as an electric bicycle or e-bike)?

Anyone operating an electric bicycle must wear an approved bicycle helmet at all times. Only Ontarians 16 years of age and older are permitted to use e-bikes/ power assisted bicycles.

## Why was the bicycle helmet law introduced?

Research shows that helmets can be extremely effective in preventing head injuries. About three-quarters of all cycling fatalities involve head injuries. The Ontario government is committed to promoting cycling safety.

## What is the fine for not wearing a helmet?

The fine is \$60. With court costs of \$5 and the victim fine surcharge of \$10, the total is \$75 for a plea of guilty.

(Adapted from the Ministry of Transportation of Ontario, Bicycle FAQ's, 2009, [www.mto.gov.on.ca/english/faq/safety.shtml#helmets](http://www.mto.gov.on.ca/english/faq/safety.shtml#helmets))

