

Coaster-Wheeled Conveyance

- The use of coaster-wheeled conveyance is prohibited on any roadway, parking lot, or sidewalk, except in established areas. Coaster-wheeled conveyance is defined as any form of object propelled afoot to include, but not limited to, in-line skates, roller skates, roller blades, scooters or skateboards.
- All persons using a coaster-wheeled conveyance are required to wear safety helmets. It is *strongly recommended* that all skaters use wrist, elbow and kneepads.
- It is prohibited for persons using skateboards, roller skates, roller blades or any coaster-wheeled conveyance to wear any device or instrument which substantially impairs his or her hearing such as an MP3, Ipod or similar device.
- Jumping ramps are not authorized along any roadway or sidewalk.

Violations

- Persons in violation of the above bicycle and coaster-wheeled conveyance instructions may be issued a DD Form 1408 if they are active duty Air Force personnel. For all other active duty personnel and civilians a CVB Form 1805 maybe issued if a DD Form 1408 is issued traffic points will not be assessed; however, the citation will be forwarded to the member or sponsor's unit commander for action. If a CVB Form 1805 is issued it will be referred to magistrate court for action.



733D Security Forces Squadron
Bldg 648 Washington Blvd
JBLE-Eustis, Va. 23604
(757)-878-4555
(757)-878-4556

Fire Department
Bldg 648 Washington Blvd
JBLE-Eustis, Va. 23604
(757)-878-1008

Balfour Beatty Housing Office
Bldg 126 Madison Ave
JBLE-Eustis, Va. 23604
(757)-369-8335

For more information visit:

[http://icsw.nhtsa.gov/people/injury/pedbimot/bike/
doom.EasyStepsWeb.zzy/doom.index.doom.htm](http://icsw.nhtsa.gov/people/injury/pedbimot/bike/doom.EasyStepsWeb.zzy/doom.index.doom.htm)

<http://bicyclesafe.com/>



733d

Security

Forces

Squadron

Bicycle and Coaster- Wheeled Conveyance Proper Helmet Fit



Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site: <http://www.danscomp.com/products/charts/helmetchart.htm>.

To select and properly fit a bicycle helmet, follow the helmet fitting instructions below. It may take some time to ensure a proper fit.

1. **Size:** Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head
2. **Position:** The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.
3. **Buckles:** Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments
4. **Side Straps:** Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.
5. **Chin Strap:** Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
6. **Final Fitting:**
 - A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

- B. Does your helmet rock back more than two finger above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

- **When to Replace a Helmet.**

Replace any helmet that has been involved in a crash or is damaged.

- **The Helmet Should Fit Now.**

Buy a helmet that fits your head now, not a helmet to "grow into." *Replace any helmet that has been out-grown.*

- **The Helmet Should Be Comfortable.**

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

Remember a proper fitting helmet must cover your forehead. The chin strap must be tight and properly adjusted and the helmet should not rock forward or backward on your head. If it does, recheck your Final Fitting

Helmet Certification: Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI. Look for the certification seal labeled on the helmet.

A BICYCLE HELMET CAN PROTECT YOUR HEAD AND BRAIN ONLY IF YOU WEAR IT EACH TIME YOU RIDE!

Bicycle Operation on JBLE-Eustis

- Cyclists, including minors, riding bicycles on Fort Eustis will observe the same traffic rules required of a motor vehicle operator.
- Cyclists are required to wear a safety helmet
- Cyclists riding during the hours of darkness are required to have a lamp on the front of the bicycle which can emit a white light visible from a distance of at least 500 feet to the front and an approved red rear reflector or light visible at least 600 feet to the rear.
- Cyclists are prohibited from using any crosswalk, sidewalk, driveway, or any other area not designated as a traffic lane for the purpose of by-passing a traffic control device.
- Cyclists will use bicycle lanes if provided. Bicycles will not be ridden on any sidewalk within the business area
- Cyclists on roadways will be in single file, as far to the right as possible, and use extreme caution when crossing heavily traveled intersections/roadways.
- Cyclists will never assume the right-of-way over other vehicles.
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- Cyclists will use proper hand and arm signals when turning or stopping.
- Bicycles will be equipped with an approved brake which will enable the operator to stop on any surface.
- Cyclists, persons on coasters, skateboards, roller skates, or roller blades will never cling or hold on to another moving vehicle.