

# Bicycle Helmet Fit and Distribution Sites

The following locations offer FREE helmets to those who need them. Call to schedule an appointment or to verify hours of operation — area code 831.

## Watsonville Locations

### **The Bike Shack**

555 Main Street  
296-0326 T/Th 4-6 PM

### **Santa Cruz County Head Start**

225 Westridge Drive  
724-3885

### **Rolling Hills Middle School**

Rolling Hills Resource Center  
130 Herman Avenue, Rm 11  
728-6341 ext. 4811

### **Cesar Chavez Middle School**

Children's Resource Center  
440 Arthur Road  
761-6125 ext. 6754

### **Starlight Elementary School**

Starlight Resource Center  
225 Hammer Drive, Rm 31  
728-6979 ext 5631

## North County Locations

### **Cabrillo College Bike Co-op**

6500 Soquel Drive  
SAC East Building, Rm 913c  
477-3500 or email  
[bikecoop@cabrillo.edu](mailto:bikecoop@cabrillo.edu)

### **The Bike Church**

703 Pacific Avenue  
425-2453, M-Th 1-7 PM & Sat.  
12-5 PM

### **Capitola Community Center**

Jade Street Park  
4400 Jade Street  
475-4935 to schedule appt.



### **All cyclists should wear a helmet to reduce the chance of head injuries!**

The helmet should be snug and cover the top of the forehead. The side straps should meet in a "V" below each ear. The chinstrap should be adjusted so that no more than two fingers fit between the strap and chin.

## California Bicycle Helmet Law

Persons under 18 years of age must wear an ASTM or CPSC approved, properly fitted and fastened helmet as an operator or passenger when bicycling, skateboarding, roller-blading, skating or using a scooter.

### **Helmet Fit and Distribution Program Coordinator:**

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This program is made possible through grant funding from the CA Office of Traffic Safety through the National Highway Traffic Safety Administration, the CA Active Transportation Program and the Santa Cruz County Regional Transportation Commission.

# Lugares de Distribución de Cascos de Bicicleta

Los siguientes lugares ofrecen cascos GRATIS para las personas que los necesitan.  
Llame para hacer una cita o para verificar las horas de oficina.

## Lugares en Watsonville

### The Bike Shack

555 Main Street  
296-0326 Mar./J 4-6 PM

### Santa Cruz County Head Start

225 Westridge Drive  
724-3885

### Rolling Hills Middle School

Rolling Hills Resource Center  
130 Herman Avenue, cuarto 11  
728-6341 ext. 4811

### Cesar Chavez Middle School

Children's Resource Center  
440 Arthur Road  
761-6125 ext. 6754

### Starlight Elementary School

Starlight Resource Center  
225 Hammer Drive, cuarto 31  
728-6979 ext 5631

## Lugares en Santa Cruz

### Cabrillo College Bike Co-op

6500 Soquel Drive  
SAC East Building,  
cuarto 913c  
477-3500 or email

### The Bike Church

703 Pacific Avenue  
425-2453, L-J 1-7 pm &  
Sabado 12-5 PM

### Capitola Community Center

Jade Street Park  
4400 Jade Street



**¡Todos los ciclistas deben usar un casco para reducir el riesgo de una herida en la cabeza!**  
El casco debe estar bien ajustado y cubrir parte de la frente. Las correas de lado deben formar una "V" debajo de cada oído. La correa de la barbilla debe estar bien ajustada, de modo que no puedes caber más de dos dedos entre la correa y la barbilla.

## La Ley de Ciclismo en California

Las personas menores de 18 años deben usar un casco aprobado por ASTM o CPSC, mientras anden en bicicleta, patineta, etc. El casco debe ser del tamaño adecuado y estar bien ajustado.

**La cordinadora del programa :**

Lauren Freeman 454-5477, [lauren.freeman@santacruzcounty.us](mailto:lauren.freeman@santacruzcounty.us)

Este programa es posible gracias a la oficina de CA de seguridad de tráfico, CA Active Transportation y Santa Cruz County Regional Transportation Commission.