

## **CRTPA Community Events/Helmet Fitting**

Conducting bicycle helmet fitting events in the CRTPA region promotes safety by ensuring riders, especially children, are wearing helmets that fit properly and provide maximum protection in the event of a crash. Such events not only improve safety by reducing the risk of head injuries but also raise awareness about the importance of helmet use, promote a culture of safe cycling, and provide families with direct access to education and resources that support healthier, safer communities.

The CRTPA has participated in the following such events in the region...

- **May 15, 2025**

The CRTPA conducted a helmet fitting at the “Southside Market Bicycle Awareness Day” event in Tallahassee

- **June 6, 2025**

A helmet fitting event occurred with the CRTPA’s participation at the Walker-Ford Community Center in Tallahassee.

- **October 1, 2023 & October 5, 2024**

In October 2023 & 2024, the CRTPA conducted, in association with its partners, a helmet fitting at the First Day Bikes event at the Tallahassee-St. Marks Historic Railroad State Trail. The fitting provided free helmets to attendees and is part of a broader effort to increase cycling safety in the CRTPA region.

The First Days Bikes event was a cycling-focused effort coordinated by the Office of Greenways and Trails and provided an outdoor expo featuring educational booths, local food trucks, and, as noted above, free bike helmets.



## 2024 First Days Bikes event





2023 First Days Bikes event\*







**\*Photo credit:** Dave Heller, Florida Department of Environmental Protection