

I never thought it could happen to me...

I was biking to summer school on my new road bike and was **hit by a bus!**

My friend and I had traveled this route a few times before, so I was confident in swerving to the other side of the road to avoid a busy intersection up ahead. That day, there happened to be a bus coming up beside me and I didn't shoulder check enough to notice. My friend told me the bus was going the same way as I was and just clipped me on my side. I fell and hit my head on the pavement. I was unconscious for about a minute and then got up and asked what happened. Someone called the ambulance.

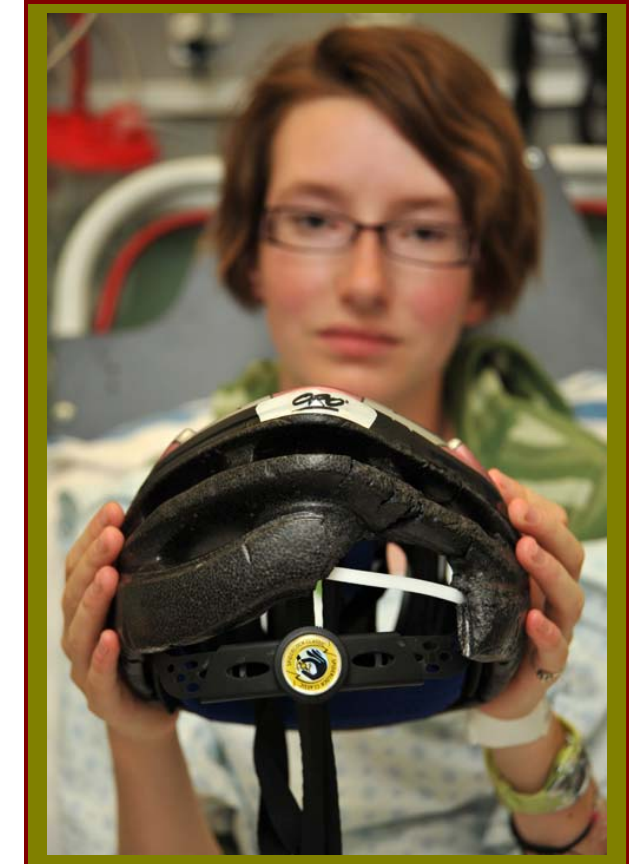
All I remember of that day is biking about half a block and then waking up in the hospital and seeing my Mom. My Dad actually arrived about an hour earlier and apparently I nearly drove him crazy asking the same questions over and over again. *"What happened? Where am I? Where is my friend?"* I couldn't seem to retain the information.

Thankfully, the CAT scan didn't show any injury and after a few hours I was feeling better.

A week later I was pretty much back to my old self after experiencing a concussion, road rash and some sore muscles. My parents are keen cyclists and always insist that the entire family wear a helmet when cycling.

I know what happened could have been a lot worse. I am very thankful I was wearing my helmet!

Words provided by Carmen Rebel - cyclist



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Carmen Rebel*

For many of us, **'Back to school'** means new clothes, new books, new friends, or even a new school, but in the hustle and bustle of getting ready to go back, we sometimes forget the importance of **traveling to and from school - safely.**

So, don't forget the basics.

- **If you are cycling to school, in-line skating or skateboarding – wear an appropriate, certified helmet, and buckle it up!**
- **If you are walking to school - use crosswalks or cross at the corner. Children under nine years of age need help crossing the street, so 'lend a hand'.**
- **If you are driving to school in a motor vehicle - wear your seat belt and buckle up!**