

E-bikes and E-scooters

Regular bicycles and scooters are powered by your own legs. Electric bikes and scooters (e-bikes and e-scooters) have a battery and motor to pedal for you. Some e-bikes also have a throttle, so you don't have to pedal at all.

E-bikes and E-scooters can be dangerous at high speeds. Since you can get really hurt at these speeds, safety is very important. The American Academy of Pediatrics (AAP) says to wait until you are 16 years old to ride these devices.

- Class 1 and Class 2 e-bikes can go 20 miles per hour (mph).
- Class 3 e-bikes can go as fast as 28mph
- E-scooters can go from 10 to 40 mph.



People riding e-scooters with helmets

Safety starts with a helmet

Helmets are the most important part of safety, but not all helmets are made for e-bikes and e-scooters. Check the safety standards below to make sure your helmet is right for your speed.

- **CPSC:** Every helmet sold in the U.S. must have this certification. These are best for regular bikes/scooters.

- **ASTM F1952:** Stronger than a basic helmet. Used when you want extra safety while going under 20mph.
- **NTA 8776:** A helmet made for e-bikes and e-scooters. It is the best choice for these devices and a must if you ride faster than 28mph.
- **DOT FMVSS-218:** The highest level of protection on this list. Best for speeds over 20mph or riding near heavy traffic.

Ride smart. Ride safe.

E-bikes and e-scooters are not toys. They are motorized vehicles, and it's important to follow safety rules.

- New riders should learn how to ride in a safe, quiet area before going near traffic.
- Follow traffic laws: Ride with traffic and stop at all red lights and stop signs.
- Stay focused and keep both hands on the handlebars. At high speeds, even small things like gravel or potholes can make you crash.
- Wear bright clothes to make sure drivers can see you.
- Do not let other people ride with you unless the device is made for it.