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**Effective April 1, 2015, bicycle helmet use is mandatory for all cyclists (adults and youth) in Newfoundland and Labrador.**

A properly fitted helmet helps protect your brain from absorbing the force from a crash or a fall and significantly reduces the risk of serious head injury by up to 85 per cent. For more information go online: [www.gov.nl.ca/bikehelmet](http://www.gov.nl.ca/bikehelmet)

