



BICYCLE SAFETY

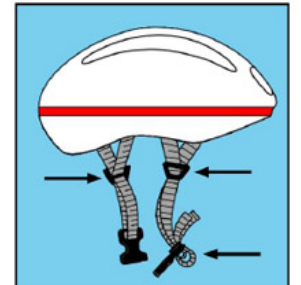
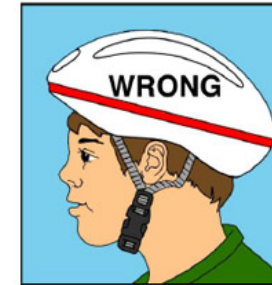


- ✓ Make sure the bike you ride is the right size for you.
- ✓ Make sure your seat, handlebars, and wheels fit tightly
- ✓ Check your brakes to be sure they work well and aren't sticking.
- ✓ Check your tires to make sure they have enough air in them.
- ✓ It makes sense to wear very bright colors that are easy to see when you're biking.
- ✓ Make sure you don't have anything that will get caught in your bike chain or wheels, such as loose pants legs, loose backpack straps, or loose shoelaces.
- ✓ When riding a bike, wear sneakers, and NEVER ride barefoot.
- ✓ Do not wear headphones. You won't be able to hear what's going on around you.
- ✓ Avoid riding at night. If you have to ride at night, use reflectors, lights, and reflective clothing.
- ✓ Ride on sidewalks or bike paths when they are available. If you have to ride in the street, always ride WITH traffic, as near to the right as possible.
- ✓ When entering a sidewalk, path, or driveway, make a complete stop. Look left, right, and then left again. Be careful not to run into people who are walking on the sidewalk, path, or driveway. Pedestrians always have the right of way, so be sure and give an audible warning (bell, horn, word) if you are going to pass them.
- ✓ When crossing the street with a grownup, WALK, don't ride your bike. Look in all directions before crossing and cross at intersections using the crosswalk and following traffic signals.
- ✓ Children should never ride their bicycles at night.
- ✓ Keep an eye on the road ahead and watch out for obstacles in the road.
- ✓ Stop at all stop signs, and obey street lights just as cars do.
- ✓ Never ride out from behind parked cars and don't ride too close to parked cars.
- ✓ Always be prepared to stop. Keep your hands on or close to the brakes, with both hands on the handlebars unless giving a hand signal.
- ✓ Only one person should ride on a bike at a time unless there are seats for two.
- ✓ Never hitch a ride by holding on to a car or truck.
- ✓ When more than one bicyclist is riding, ride in a straight line, never side by side.
- ✓ Use proper hand signals when turning.

ALWAYS WEAR A PROPERLY-FITTED SAFETY HELMET



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

BICYCLE SAFETY VIDEOS

To view an exciting and informative Bicycle Safety video, please click on the picture below of the three kids riding bikes.

*Note: If you're having difficulty accessing the site, simply enter the following link
https://www.youtube.com/watch?v=uBGW8j_Jsg
in your URL located at the top of the web page.*

