

BIKING SAFETY *Tips*



WEAR YOUR HELMET

Protect your brain--wear a helmet! It's the law. Make sure your helmet fits snugly and is firmly buckled under your chin.

FOLLOW THE RULES

Ride on the right, in the direction of traffic. Obey all road signs and traffic signals as if you were a car. When you come to a driveway or intersection, you should STOP, look LEFT, look RIGHT, then look LEFT again to make sure no cars are coming. Only proceed when you know it's safe.

WALK your bike in a crosswalk.

BE PREDICTABLE

Do what drivers expect you to do. Use hand signals and yield to pedestrians. Ride single file to allow faster traffic to pass. Pass slower traffic on the left, ringing a bell. Ride in a straight line (don't swerve) three feet away from parked cars (door zone). Look and listen to what is around you.

RIDING ON SIDEWALKS

Sidewalk laws are made by local governments, so check with your town to see if it's allowed.

If it's permitted, make sure you ride safely and are careful of people walking. Decide as a family or group if you will ride on the street or the sidewalk.

BE VISIBLE

Wear bright-colored clothing so you are easier to see. Wear something reflective if riding at night, and make sure your bike has working lights and reflectors.

LOCK YOUR BIKE

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.

ADDITIONAL TIPS

When and where you ride is something you should discuss with your parents or guardians.

Any time you are not comfortable with the traffic situation, you can always get off your bike and walk with it on the sidewalk.

