

# BIKE SAFETY FOR KIDS

**Always wear a bike helmet**, even if you are going for a short ride. It should fit you properly and never wear a hat under your helmet. A bike helmet is not a toy. Don't throw it around. If your helmet is damaged in a fall replace it. If you're unsure if your helmet, ask David at the Bike Shop.

Wear your helmet level and covering your forehead. Don't tip it backward. Always keep the straps fastened and snug enough that you can't pull or twist the helmet around on your head.

**Ride a bike that is the right size.** As you stand straddling the top bar of your bike with both feet flat on the ground, the space between you and the top bar should be 1 to 3 inches.

## **Other safety checks are:**

- Make sure your seat, handlebars, and wheels fit it tightly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

**Be sure other people on the road can see you.** Wear bright clothes and put reflectors on your bike.

**Wear the right clothes.** Avoid loose pant legs, backpack straps, or shoelaces that could get caught in your bike chain.

**Wear the right shoes.** Avoid sandals, flip-flops, shoes with heels, and cleats won't grip the pedals. Never ride barefoot!

**Don't wear headphones.** The music can distract you from hearing important sounds, such as a car blowing its horn.

**Always get your parent's approval** for where you ride your bike and if you may ride on the street. Kids younger than 10 years should ride on the sidewalk. Even if you're riding on a sidewalk watch for cars and trucks pulling out of driveways into your path. Walk your bike when crossing a busy road.

**If you are lucky and your town has Greenways** with multi-use paths, they are great places to ride bikes. Just remember to share the path with the other riders, walkers, and strollers who also might be using it!

**Keep an eye on the road for obstacles** that can cause falls, such as:

- wet leaves
- big puddles
- changes in the road surface
- storm grates
- gravel or rocks
- curbs
- little kids in your way!

**Follow these road rules**, if you're allowed to ride on the street:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, in the same direction as cars do. Never ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey street (red) lights just as cars do.
- Ride single file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.