



BE SAFE, LOOK AHEAD

KEEP YOUR HELMET ON YOUR HEAD

BICYCLE SAFETY

Bicycle Safety Rules

- ✓ Always wear a properly fitted bicycle helmet to protect your head – every time you ride.
- ✓ Use a bicycle that is the appropriate size for you, not one that is too big.
- ✓ Before you ride make sure you don't have any loose clothing, drawstrings or shoelaces; they can get caught in your chain and make you fall.
- ✓ Have an adult check the air in your tires and that your brakes are working before you ride.
- ✓ Wear bright clothes so others can see you at all times of the day.
- ✓ Stay alert at all times; never listen to music when riding. Pay attention and watch for cars, people and other bicyclists around you.
- ✓ Don't bicycle at night. If you must ride, make sure your bike has reflectors, lights and wear retro-reflective materials on your ankles, wrists, back and helmet.
- ✓ Before you enter any street or intersection, check for traffic by looking left-right-left to make sure no cars or trucks are there.
- ✓ Learn to follow the rules of the road.

Rules of the Road

- ✓ When riding in the road, always ride on the right hand side (same direction as traffic).
- ✓ Obey traffic laws, including all the traffic signs and signals.
- ✓ Ride predictably – ride in a straight line, don't weave in and out of traffic.
- ✓ When riding on the sidewalk – show respect for the people walking on the sidewalk. Ring your bell to let them know you are coming and always pass them on the left.
- ✓ Look for debris on your route that could cause you to fall off your bicycle, like trash, stones and toys.