

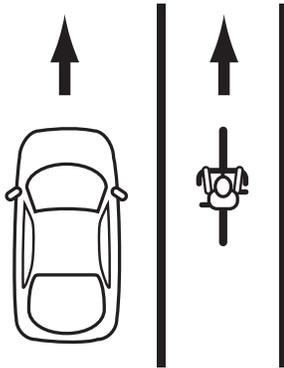


Bike Safety

Riding your bike to school is a great way to get exercise and to have fun with your friends while doing your part to help reduce traffic congestion. Before you ride though, brush up on your Bike Safety Habits. Below are some tips to help you stay safe while you ride.

Rules of the Road for Bike Riding

- OBEY ALL TRAFFIC RULES, including STOP signs and traffic signal controls. When vehicles stop at a RED traffic signal, you should also.
- NEVER RIDE AGAINST TRAFFIC. If you're in a bike lane, you should ride in the same direction as the vehicle next to you.
- NEVER CROSS MID-BLOCK. Always cross at intersections and check for traffic in both directions before crossing.
- ALWAYS WALK YOUR BIKE AT BUSY INTERSECTIONS, use crosswalks and obey crossing guards.
- DON'T USE YOUR IPOD or headphone devices while riding so you can be more aware of what's happening on the road.
- When riding in a group, ride in a SINGLE FILE LINE.



Helmets

ALWAYS WEAR A BICYCLE HELMET WHEN RIDING. If you don't have one, get one with the following:

- BRIGHT COLORS – to help make you more visible on the road.
- VENTILATION – Get a bike helmet that helps you stay cool.
- CORRECT SIZE – Ask a parents, teacher, or police officer to help you check your helmet to make sure it fits properly. You're growing, so check your helmet regularly to make sure it fits well!

Never pass an old bike helmet on to friends — especially if it's damaged— because it may not be effective for a friend.

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*DO YOU KNOW YOUR HAND SIGNALS?
Hand signals help other vehicles know your intended movements ahead of time. Always use your left arm for these signals.*

Clothing

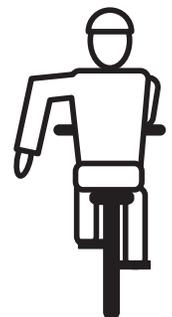
- When riding your bike, wear BRIGHTLY COLORED CLOTHES or a vest to wear over your school clothes.
- BACK PACKS – Be sure to strap your back-pack on well so that it doesn't move around while you ride. A loose back pack may cause you to lose your balance while riding.
- SHOES – Wear shoes that help you grip your bike pedals so you can maintain control of your bike.



Left turn



Right turn



Slow/Stop