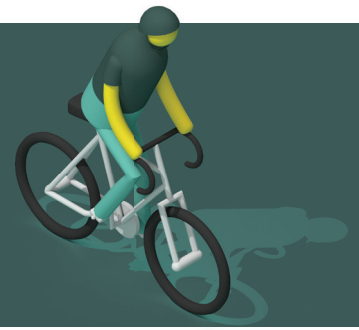


BICYCLE SAFETY GUIDE



There are many great reasons to ride your bike. It offers a great form of exercise, it is fun, and it is good for the environment. But, it is important to remember that a bicycle is not a toy. Before getting ready to ride, make sure everything is ready to go by doing an ABC check – air, brakes, and chains, so that you’ll be safe while riding your bike. Here are a few additional tips to keep in mind:

- > Wear a properly-fitted helmet. It should be nice and snug. If it tilts back on your head or goes into your eyes, it is too loose. Have mom, dad or another adult help you tighten it.
- > Make sure you are comfortable. Have a parent or guardian check that the seat and handlebars are where they need to be. Your feet should be able to easily reach the pedals and ground.

DO THE “ABC” CHECK

- > **AIR.** Check to make sure there’s enough air and the tires are not flat or worn down.
 - > **BRAKES.** Spin the wheel. There should not be anything rubbing against it. The brake pads should also not rub on the tire or spokes. Check hand brakes and foot pedal brakes to make sure they work
 - > **CHAINS.** It should feel smooth and be slippery when you touch it.
- > Ride in the same direction as traffic as far on the right-hand side as possible.
 - > When riding when it’s dark, wear bright colors and use a light. Reflectors on your clothes or bike will help drivers see you more easily.
 - > Obey street signs, signals, and road markings.
 - > Don’t text, listen to music, use your phone or do anything that distracts you. Keep your eyes on the road at all times.
 - > If you aren’t comfortable on a bike alone, ask an adult to go with you. Ride together until you are comfortable enough for your kids to ride on their own.

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