

Bicycle Safety

Learning to ride a bicycle is one of the exciting milestones of childhood. Though bicycle riding is fun, it is important to be safe and prevent injuries.



How to Properly Fit a Bicycle Helmet

- Make sure your forehead is covered so when you look up you see the rim of the helmet.
- Chin straps should be snug enough that:
 - The helmet hugs your head when you fully open your mouth.
 - No sudden pulling or twisting can move the helmet around on your head.
- The rear and front straps should join under your ears forming a “V”.

Additional Helmet Safety Tips

- Always have your helmet buckled when riding.
- Never wear a hat under your helmet.
- Don't throw your helmet on the ground when you take it off. It can damage the helmet.
- As an adult, be a role model and wear a helmet.

Riding Safety

- Make sure the bike is the right size. Your feet should touch the ground when sitting on the seat. Your knees should not touch the handlebars when you pedal.
- Ensure your bike is in good working condition.
- Before riding in the street, children should be at least 10 years of age and demonstrate riding competence.
- Clothing
 - Wear bright-colored clothing so others can see you.
 - Do not wear loose clothing that can get caught in the pedals, wheel spokes or chain.
 - Wear shoes that can grip, like sneakers, with laces tied tight. No flip flops or bare feet.
- Allow extra time for braking on wet roads.
- Ride on the right side of the road and obey traffic lights, signals and signs.
- Know your arm signals: right, left and stop.
- When riding with friends, always ride in a single line.
- Be aware of cars — someone may open a door or the driver may pull into traffic.
- Avoid riding at dusk or in the dark.
- Only one person on a bike at a time.
- Don't wear headphones. You need to hear what is going on around you.