

BE A SAFE BIKE DRIVER

Riding your bicycle can be great fun. But, do you know how to “drive” your bike?

- Ride on the right side of the road or trail.
- Always stop at the end of a driveway — look left, right, and then left again before starting.
- Obey traffic laws—signs and signals, including stoplights.
- Ride straight—no surprises!
- Look back before turning left or if you have to move left to avoid something.
- Don't ride at night until your parents say you are old enough and then use lots of lights.
- Ride single file if there are cars behind you.
- Use hand signals to let drivers know what you are going to do.
- Be careful of people walking. Use your voice or a bell to let them know you are coming.
- Look out for cars backing up — is a driver in the car? Are the taillights on?

CHECK YOUR BIKE FOR SAFETY

Have your bike checked at least once a year at a bike shop. Check it yourself before biking with ABC Quick Check:

- AIR — pinch the tires, they should be hard.
- BRAKES — make sure they work and aren't rubbing the tire.
- CRANK/CHAIN — if there are problems with your gears or if the chain is loose, take it to a bike shop.
- QUICK — check “quick release levers” and other bolts to make sure they are tight.

WEAR YOUR HELMET THE RIGHT WAY

First, put on your helmet so it is level and snug — if it slides around, you need thicker pads.

- EYES — you should see the very edge of your helmet when you look up past your eyebrow.
- EARS — the strap should meet right under your ear lobes to form a Y shape.
- MOUTH — the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw, you can feel the helmet pull down the top of your head.

