

Bicycle Safety



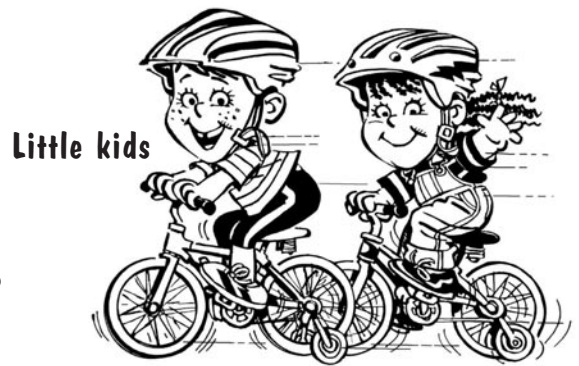
Presented by:

**SAFE
K:DS**
GRAND FORKS

Name _____

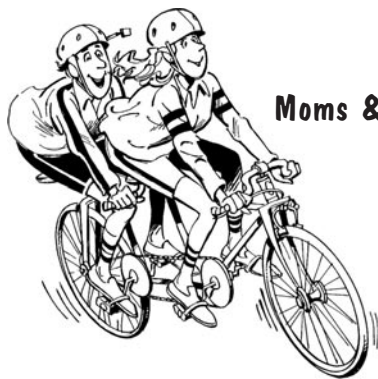
Questions?

- Who should wear a helmet?
- Where and when should a helmet be worn?



Answers!

- Everyone. Every time. Everywhere.



Kids in
bike carriers
and trailers



On the sidewalk



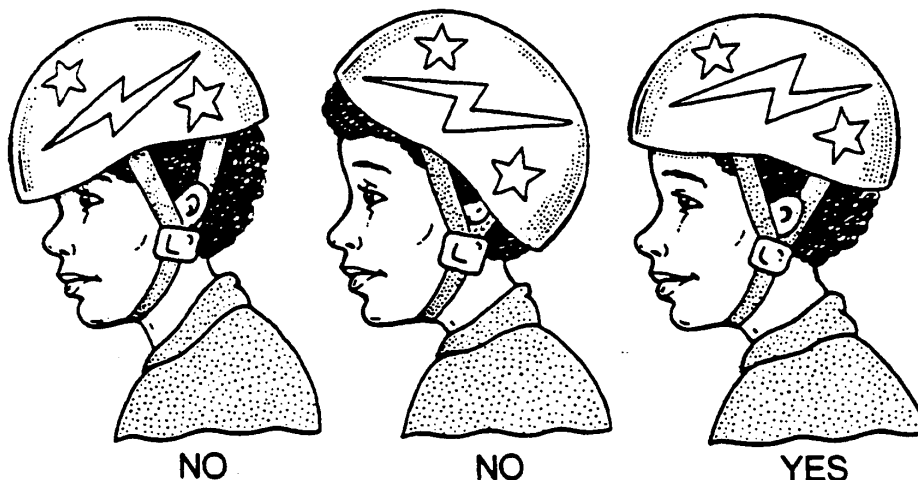
Teenagers



*Children under 1 year of age should not ride in any type of bike carrier. To do so safely, they need a helmet and often times their neck is not strong enough to support one before this age.

Bicycle Helmet Fit

Your helmet should fit well and feel comfortable. **ALWAYS** fasten the strap. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side. You should be able to look up and see the helmet. Always take your helmet off when you are done riding, especially at a playground. The straps on the helmet can get caught on equipment and choke you!



When do I need a new helmet?

- Helmets that have been worn in a crash should not be reused. They will not provide adequate protection.
- Replace your helmet if it:
 - Is older than 3 -5 years. Check helmet owner's manual (recommendation, not a requirement)
 - Does not fit you anymore
 - Has any broken parts (cracks, broken straps)
 - Is missing the padding

Types of Bicycle Helmets

There are several types of helmets. It is important that you know the difference and wear the right one.

This is a **bicycle helmet**. If you fall off your bike, you are most likely to hit the side or front of your head. This helmet protects those parts of your head. It is for bike riding only – it should not be used for any other wheeled sports!



This is a **multi-sport helmet**. It can be used for all non-motorized wheeled sports (inline skating, skateboarding, scooter, bicycling). If you fall when doing some of these activities, you are most likely to hit the back, side or front of your head. This helmet protects those parts of your head.

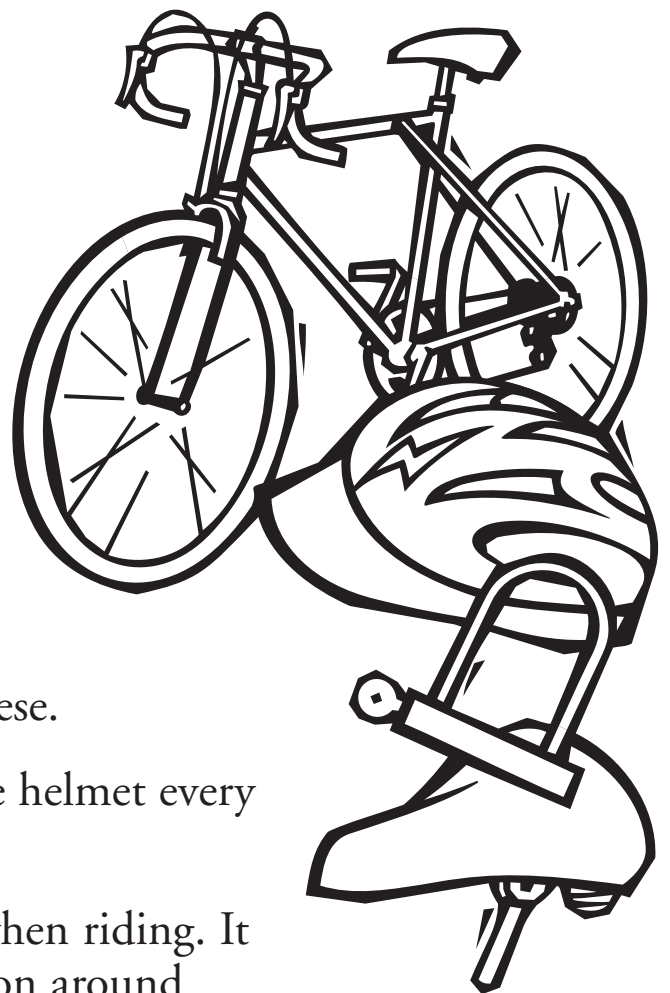
This is a **toddler helmet**. It is usually used by younger children. This helmet looks a lot like a multi-sport helmet because little kids need to protect the back of their heads! They often ride on a tricycle with one wheel in front and two in the back. This makes it easy to tip over backwards so they also need protection at the bottom of their brain.



None of these helmets are meant to be used for other sports or activities like football, hockey, skiing or riding motorized vehicles (4-wheelers). You need special helmets for those activities!

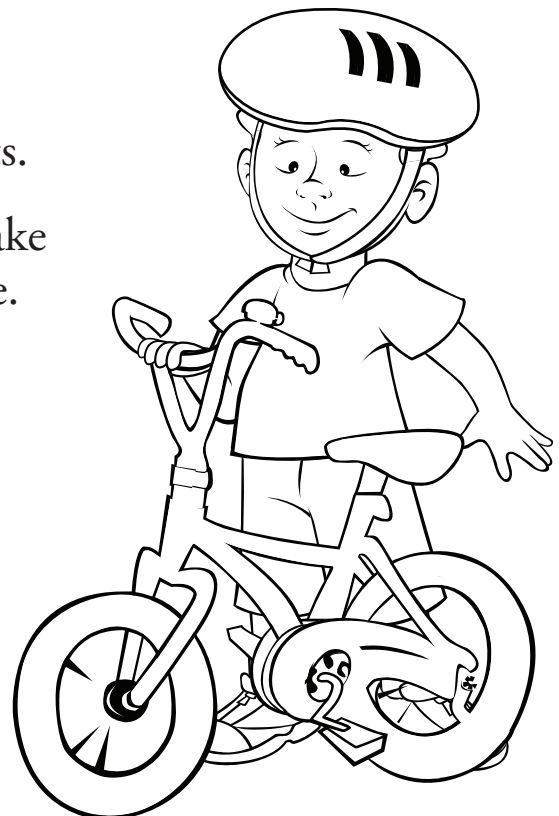
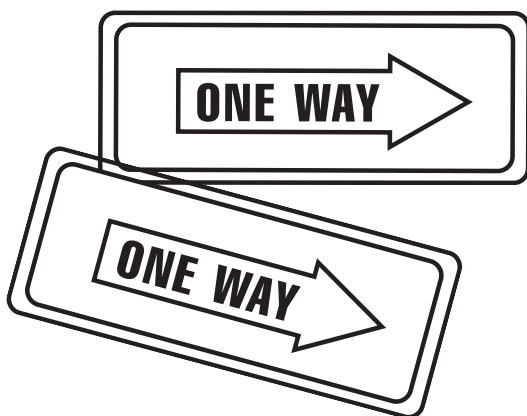
Bicycle Safety Recommendations

- 1.** A bicycle must be equipped with reflectors and a lighted headlamp for safe riding after dark.
- 2.** A bicycle should not carry more people than it was designed for, such as on handlebars, rear fenders or pegs. One seat, one rider.
- 3.** Bicycles have all the rights and responsibilities of a vehicle on the roadway and must obey the traffic laws. Use bicycle paths when you can.
- 4.** A bicycle rider should not hang onto a car or let someone pull them with a vehicle.
- 5.** When riding on a roadway, stay as far to the right hand side of the road as possible, but watch out for parked cars and for cars going the same direction as you on the roadway. Pass carefully.
- 6.** When riding a bicycle, don't carry anything in your hands or on the bicycle that will prevent you from keeping at least one hand on the handlebars.
- 7.** Use hand signals when you turn or stop. See page 6 to learn these.
- 8.** Always wear a proper fitting bicycle helmet every time you ride.
- 9.** Never wear ear buds/headphones when riding. It is important to hear what is going on around you.



Rules of the Road for Bicycle Riders

- Ride single file in the same direction as other traffic.
- Stop and look both ways before entering a street.
- Cross the street at designated intersections.
- Walk your bike across busy intersections.
- Obey all traffic signs. For example, if there is a STOP sign, it is for bike riders and not just cars.
- When turning left or right, always look behind you for a break in traffic, then signal before making a turn.
- Watch out for parked cars or cars pulling out of driveways.
- Stay alert at all times. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks or anything that could make you lose control of your bike.
- Ride so other drivers can see you.
Do not ride back and forth across streets.
- Avoid biking at night and if you do, make sure you have a head lamp for your bike.



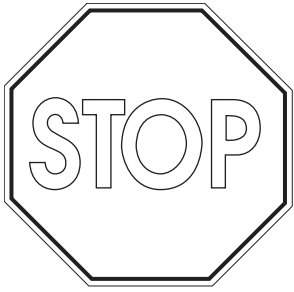


Hand Signals

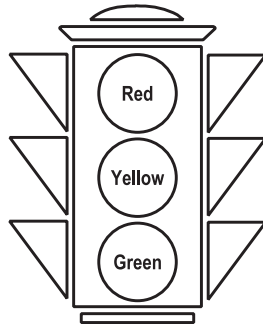
So far, you may have only been a passenger or pedestrian, but it is important to let other drivers know if you are stopping or turning. Now that you are driving your first vehicle (your bicycle), it's time to learn some of the rules of the road for communicating with other road users. This handout discusses how to let other road users know that you intend to turn or stop. While drivers of motorized vehicles use their blinkers or backup lights to communicate, as a driver of a bicycle, you will do this with hand signals.

Front View	Hand Signal	Back View
	<p>Left Turn</p> <p>Extend your left arm out sideways with all fingers extended or use your index finger to point left.</p>	
	<p>Right Turn</p> <p>Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.</p>	
	<p>Alternative Right Turn</p> <p>Extend your right arm out straight with all fingers extended or use your index finger to point right.</p>	
	<p>Stopping or Slowing</p> <p>Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.</p>	

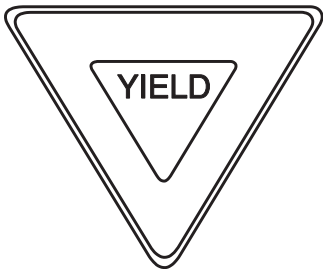
Road Signs



When you see a STOP sign, you must come to a complete stop. Remember, the rules for cars are the same as for people on bikes.



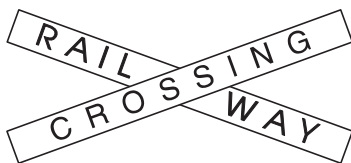
This is a STOP LIGHT. When the light is red, come to a stop and wait for it to turn green. DO NOT cross the intersection until the light is green. When the light is yellow, it means it is about to turn red. Come to a stop if the light turns yellow before you come to the intersection. When the light is green, you can cross the intersection after looking both ways for vehicles or pedestrians.



This sign is the YIELD sign. This means that the cars on your left or right do not have to stop for you. You must give them the right-of-way.



This is a ONE WAY sign. This means that the traffic goes only in the direction of the arrow. DO NOT go the wrong way on one way streets.

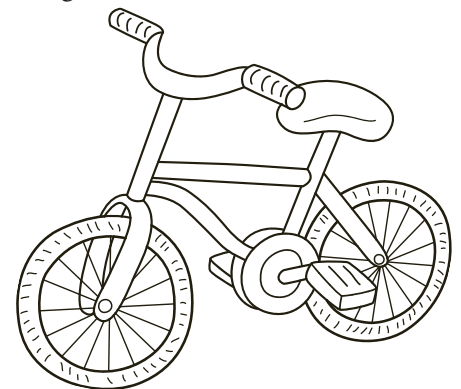


These two signs show that there is a RAILROAD crossing ahead. Look both ways for trains and NEVER try to get across the tracks in front of a train.

The DO NOT ENTER and WRONG WAY signs mean that you cannot enter a street in the direction facing these signs.



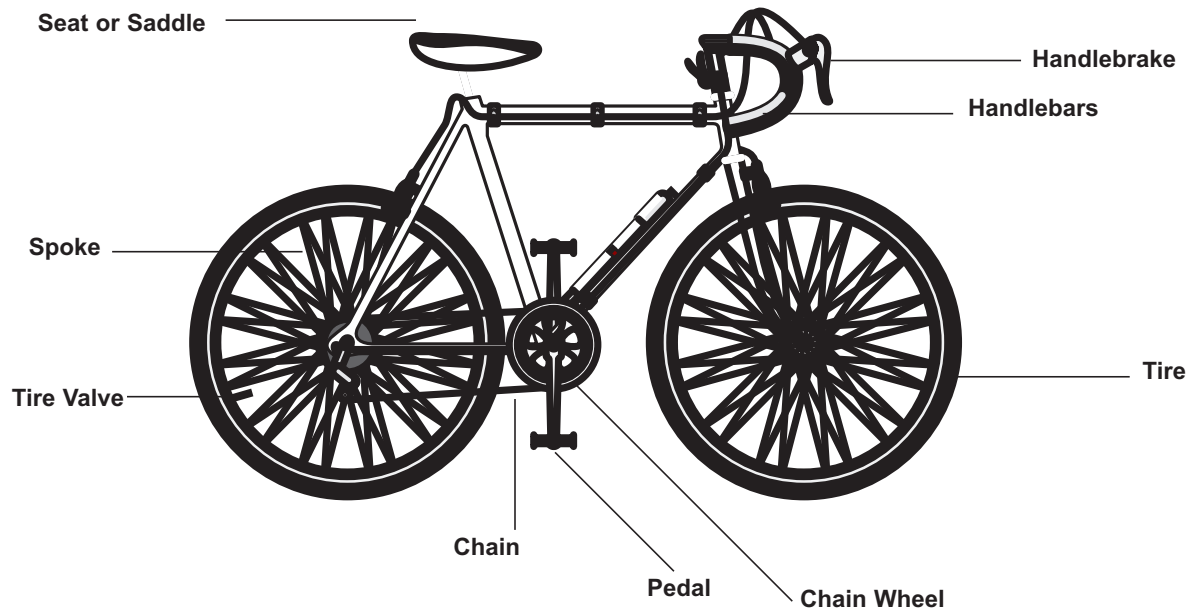
This is a PEDESTRIAN sign. It simply tells you that there may be people crossing the street ahead. Give the people the right-of-way.



BICYCLE SAFETY TIP:

Loose clothing or untied shoe laces can easily catch in pedals, chains, or wheels.

Parts of a Bicycle



What I know about bicycle safety:

The **A B C** Quick Check

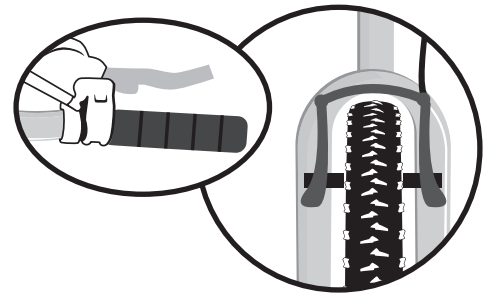
A is for air:

Check the air pressure, spin the wheels and make sure the tires are not worn out.



B is for brakes:

Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.



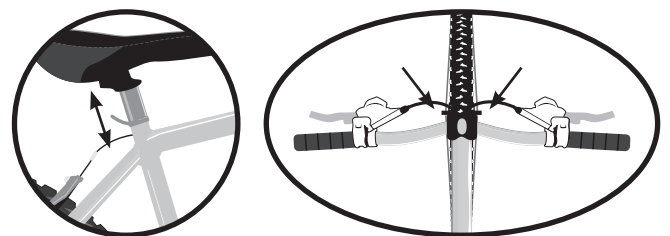
C is for Cranks, Chain, and Cogs:

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears.



Quick Refers to the Quick Release:

Some bikes have quick releases on the wheels or the seat post. Check to make sure they are tight and closed properly.



Check:

Make sure the seat is at the right height. You should be able to sit on the seat and your toes should touch the ground. After making sure the seat and handlebars are tight and the proper height, have the child ride the bicycle around the parking lot and check that everything works well.

Used with permission: League of American Bicyclists

Illustrations: Justin Short and Tom Frinch, used with permission from Bicycle Transportation Alliance (BTA)



Keeping Kids Safe!

BIKE SAFETY SEARCH

Can you find all 16 hidden words in the puzzle below?

BELL
BICYCLE
BRAKE
CROSSWALK

GEAR
HANDLEBARS
HELMET
HORN

LEFT
PEDAL
RIGHT
SAFETY

SIGNAL
STOP
TIRES
WHEELS

B	P	C	R	I	G	H	T	S	S	M
C	R	O	S	S	W	A	L	K	R	E
H	B	L	T	Q	Z	N	V	F	S	T
E	T	H	G	S	L	D	D	L	I	O
L	B	I	C	Y	C	L	E	L	G	J
M	T	A	T	W	A	E	S	E	N	X
E	F	N	R	O	H	B	B	B	A	O
T	L	G	I	W	A	A	R	A	L	T
R	I	E	D	E	P	R	R	A	E	G
V	H	R	F	M	E	S	D	I	K	H
S	A	F	E	T	Y	E	X	S	S	E
M	K	O	E	S	P	I	N	D	A	R



SAFE K:DS

WORLDWIDE™

www.safekids.org

BIKE SAFETY TIP:

Keep your bicycle in good condition.

A bicycle in poor condition can cause an accident.

Ride single file when riding with a group.

Draw a line from the sign to the correct definition.



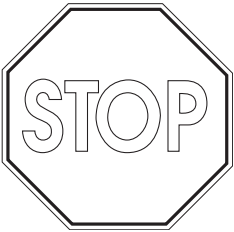
Yield Right of Way

Stop



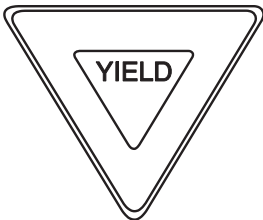
Intersection Ahead

Bike Route



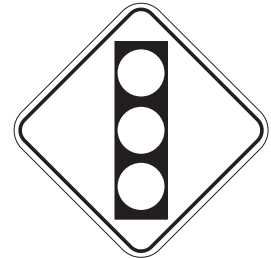
Do Not Enter

School Crosswalk



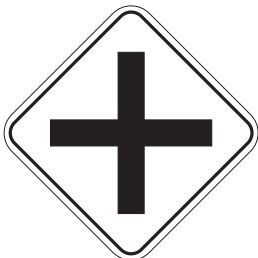
Two-Way Traffic

Traffic Signal



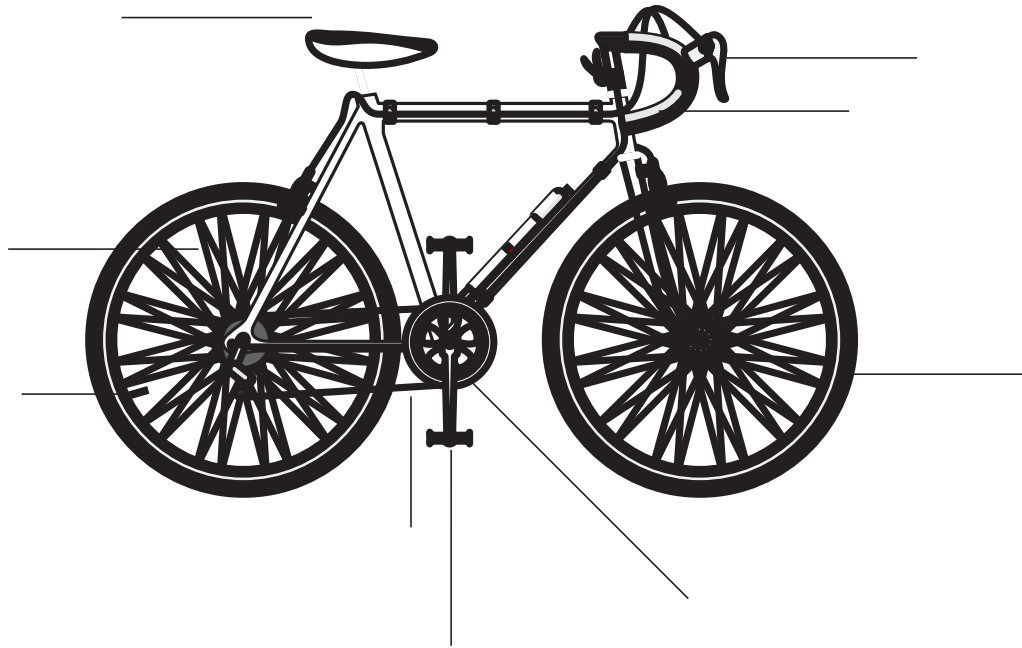
One-Way Traffic

Railroad Tracks



Pedestrian Crosswalk

Label the parts of the bicycle.



Bicycle Safety Tips

Your bicycle should be the right size for you, so that your knees are slightly bent when you are sitting down with your feet on the pedals.

Wear light colored clothing or reflective gear at night.

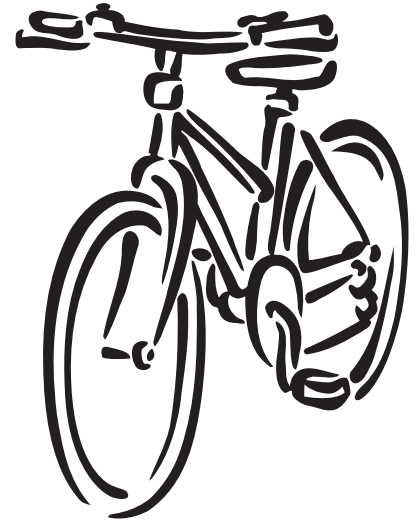
Keep both hands on the handlebars.

Bicycle Safety Quiz

Read each sentence carefully.

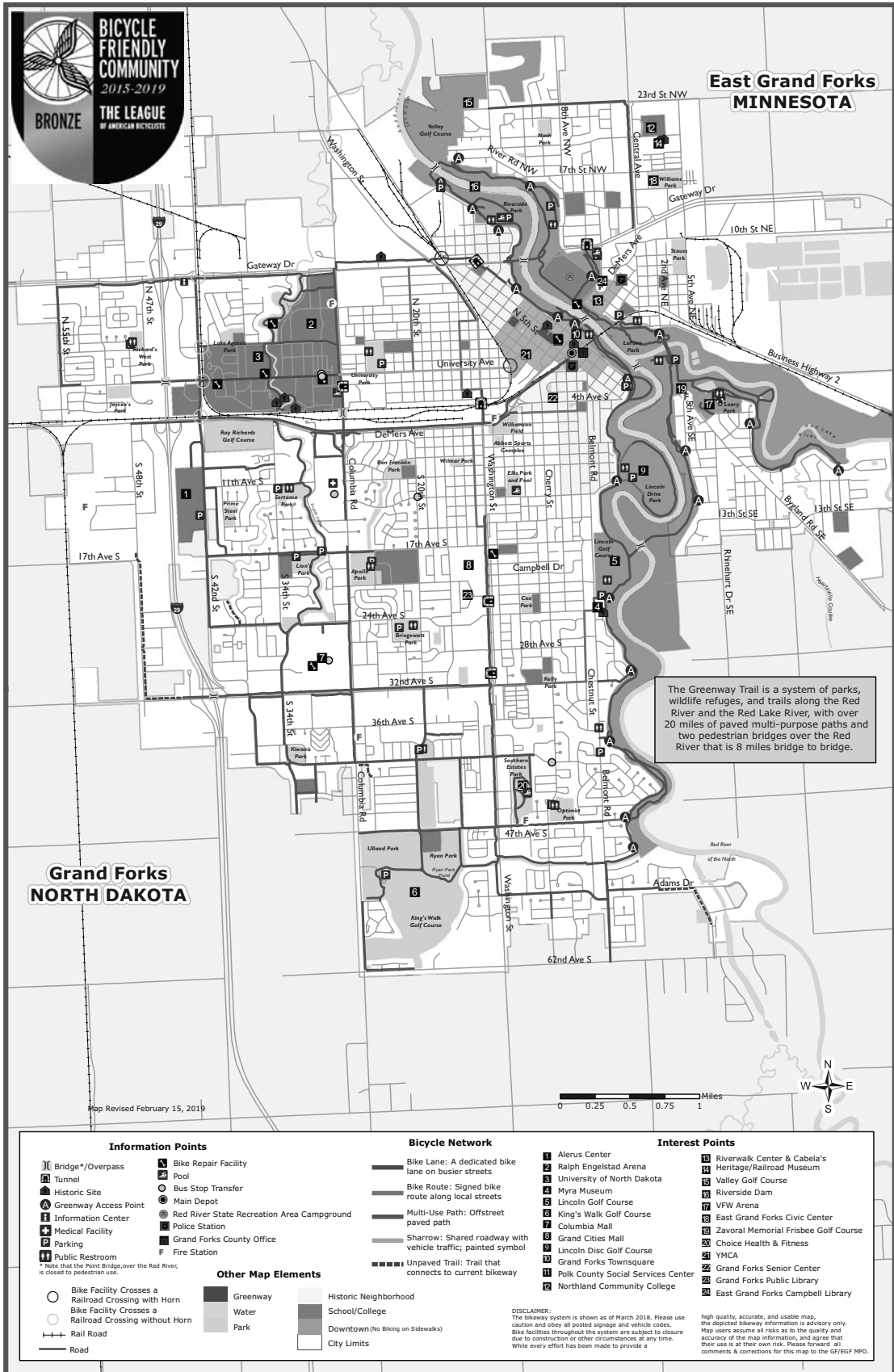
Write "yes" next to each statement that is true.

Write "no" next to each statement that is false.



- _____ 1. When you buy a bicycle, you should get one that is a little big for you, because you will grow into it.
- _____ 2. You only need to wear a bike helmet when you are learning to ride.
- _____ 3. It is dangerous to ride double, play bike games, or perform bicycle stunts.
- _____ 4. Loose clothing can easily catch in pedals, chains, or wheels.
- _____ 5. It is safe to ride a bicycle in poor conditions, if the rider is skilled.
- _____ 6. A bicyclist should ride on the right side of the street.
- _____ 7. A bicyclist should give proper hand signals before turning or stopping.
- _____ 8. A bicyclist may take both hands off the handlebars when he/she is tired.
- _____ 9. A bicyclist should not carry things in his/her hands when riding.
- _____ 10. If a bicycle path or lane is available, a bicyclist should use the path instead of the street.
- _____ 11. Bicyclists should ride single file when riding in groups.

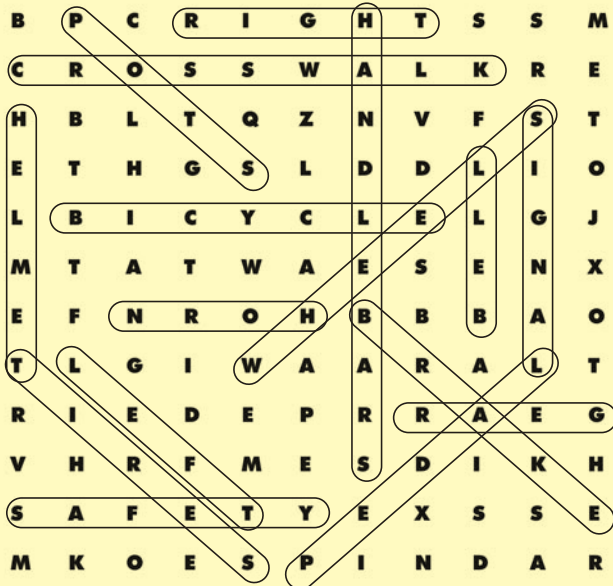
Grand Forks/East Grand Forks Bike Map



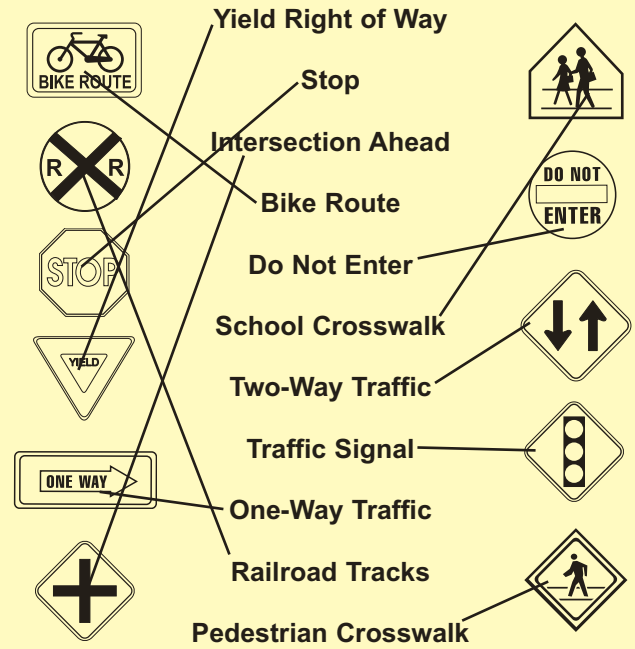
For the most up-to-date bike map, go to www.theforksmmpo.org.

Answer Key

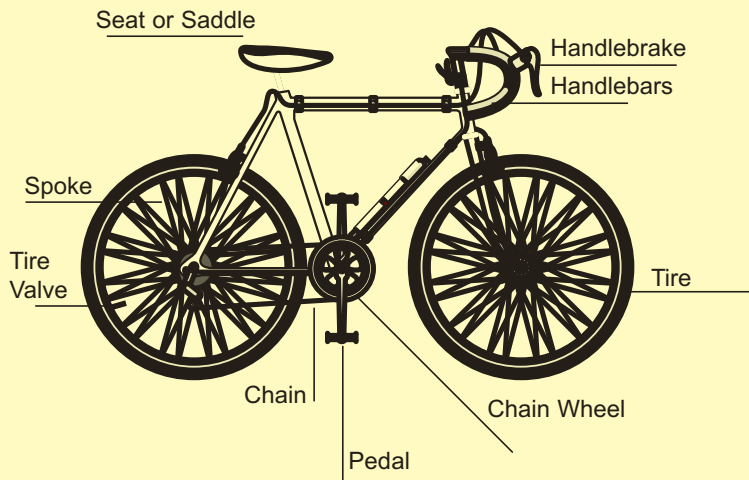
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- | | |
|--------|---------|
| 1. no | 7. yes |
| 2. no | 8. no |
| 3. yes | 9. yes |
| 4. yes | 10. yes |
| 5. no | 11. yes |
| 6. yes | |

The original Bicycle Safety Booklet was developed in conjunction with the Grand Forks Chamber of Commerce Safety and Health Committee, the Grand Forks Public Schools, and the Grand Forks County Sheriff's Department, as part of a Boy Scouts of America Eagle Project for Robert Nyhlen, Troop 20, Northern Lights District, BSA.

Grand Forks, ND
January, 1994

SAFE K:DS GRAND FORKS

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