

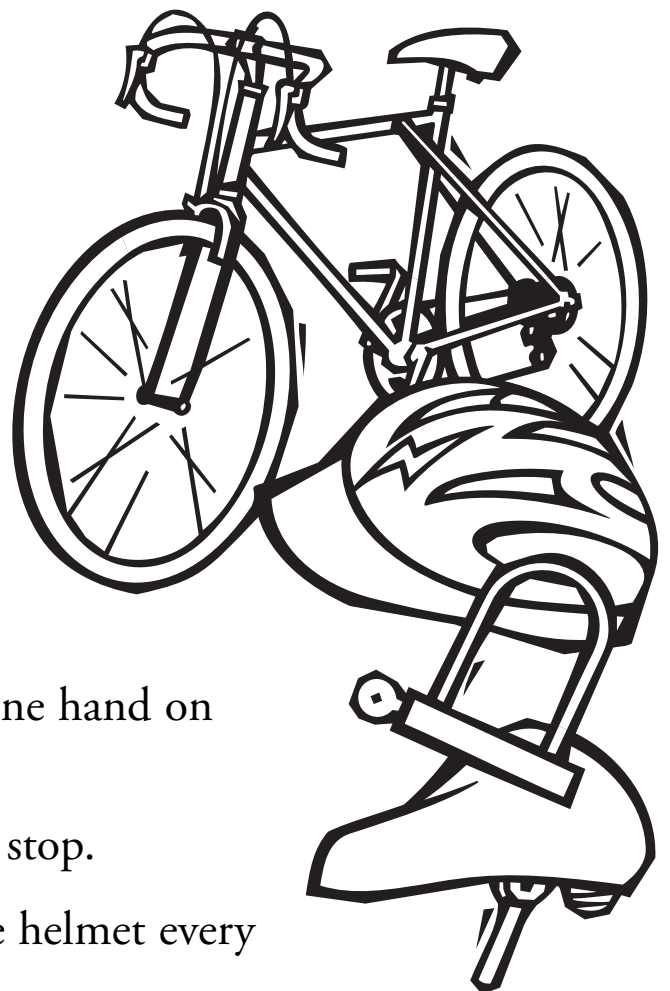
Bicycle Safety

What we should know

Name _____

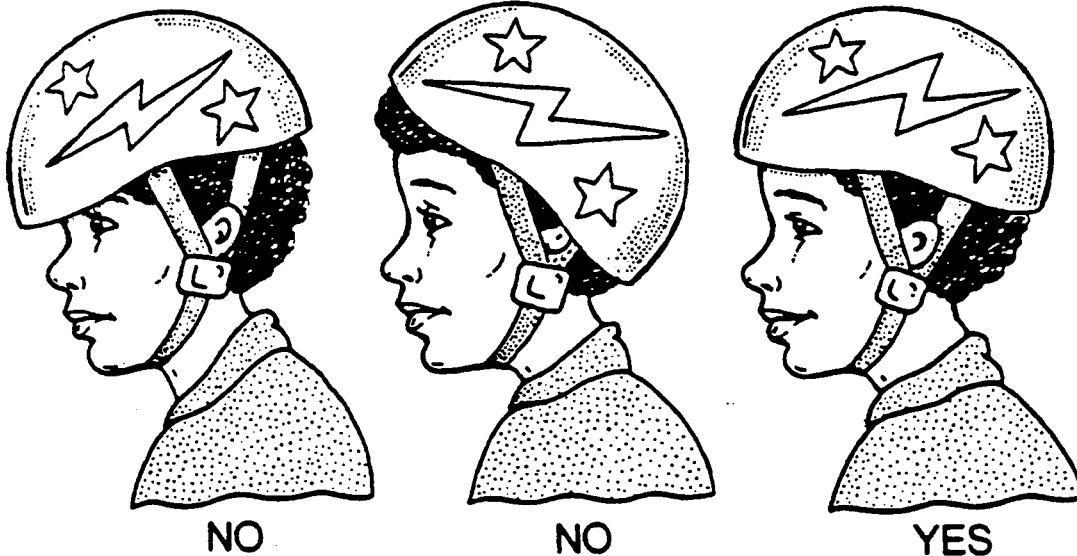
Bicycle Safety Rules

- 1.** A bicycle must be equipped with reflectors and a lighted headlamp for safe riding after dark.
- 2.** The bicycle must have a permanent seat and the driver must sit on that seat when he or she is driving.
- 3.** A bicycle may not carry more people than it was designed for, such as on handlebars or rear fenders.
- 4.** Bicycles have all the rights of a vehicle on the roadway and must obey the laws for vehicles. Use bicycle paths when you can.
- 5.** A bicycle driver may not hang onto a car or let someone tow him with a vehicle.
- 6.** When driving 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.
- 7.** When driving 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.
- 8.** Use hand signals when you turn or stop.
- 9.** Always wear a proper fitting bicycle helmet every time you ride.



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.

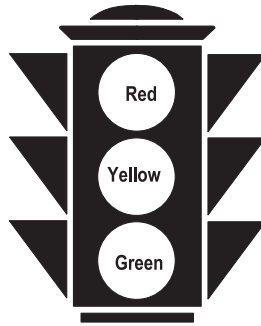


Helmets which have been worn in a crash should not be reused. They will not provide adequate protection.





When you see a STOP sign, you must come to a complete stop.



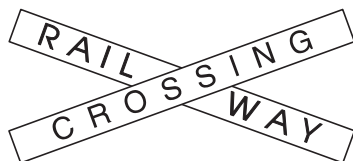
This is a STOP LIGHT. When the light is red, come to a stop and wait for it to turn green DO NOT cross the intersection until the light is green. When the light is yellow, it means it is about to turn red. Come to a stop if the light turns red. Come to a stop if the light turns yellow before you come to the intersection. The green light means that 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.



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.

Bicycle Safety Word Search

WORD LIST

Flat Tire	Look	Walk	Handlebars
Inspect	Ride	Bicycle	Caution
Helmet	Stop Sign	Street	Pedal
Safety	Sidewalk	Signal	

Words can be horizontal, vertical, backwards, forwards, or diagonal.

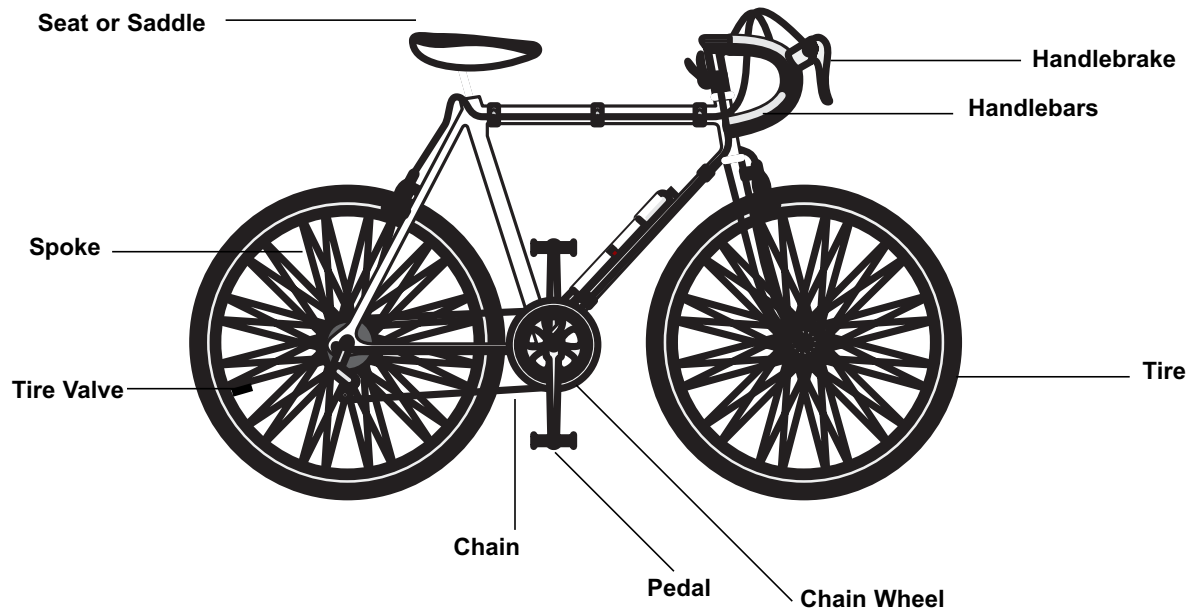
A D B W D S I G N A L B X O O C L F
O J I A D N N T H F E R I T T A L F
P E D A L A X L O Y Q W L O L U U T
G F I A I Y F I W H D L L F I R M U
C S C L M O M P A Y J O Y T E F A S
S W A X S K F N B W O P J U Q K D D
Q G S M L V D E D I R M A A I U W C
G Q O A D L L T I Y Y T H W N V B S
L Q W Y E G U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



BICYCLE SAFETY TIP:

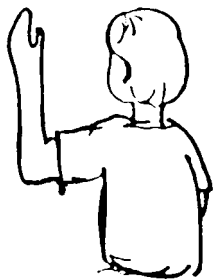
Keep your bicycle in good condition. A bicycle in poor condition can cause an accident.
Ride single file when riding with a group.

Parts of a Bicycle

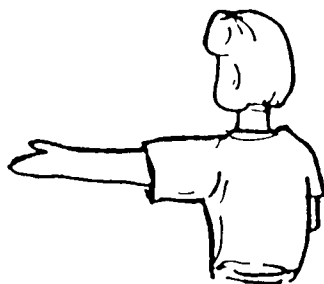


What I know about bicycle safety.

Use hand signals to turn or to stop.



Right turn



Left turn



Stop


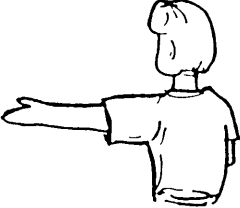

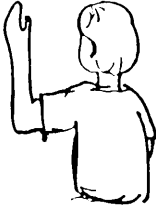
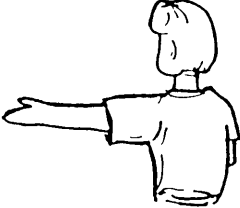


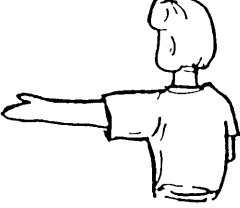

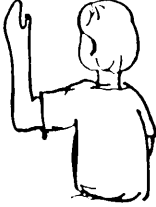
Always use your left hand to signal so the moving cars to your outside can see them.



BICYCLE SAFETY TIP:

It is dangerous to ride double, play bike games, or to perform bicycle stunts.

Bicycle Safety Game Pieces

Right Turn 	Left Turn 
Stop 	Right Turn 
Left Turn 	Stop 
Right Turn 	Left Turn 
Stop 	Right Turn 

Bicycle Safety Game Pieces

<p>You remembered to use your hand signal to turn left. Move ahead 2 spaces.</p>	<p>You always ride on the right side of the road with the traffic. Go ahead 2 spaces.</p>
<p>You hurried through the intersection when the light was yellow. Lose 1 turn.</p>	<p>You locked your bicycle to a stationary object. Go ahead 2 spaces.</p>
<p>You always wear your bicycle helmet. Move ahead 3 spaces.</p>	<p>You rode in single file when you were with your friends. Go ahead 1 space.</p>
<p>Your bicycle is in good riding condition. Move ahead 1 space.</p>	<p>You used the bike path instead of the street. Move ahead 1 space.</p>
<p>You rode “no-handed” to show off to your friends. Go back 2 spaces.</p>	<p>You know and use the hand signals to turn or stop. Move ahead 3 spaces.</p>

Bicycle Safety Game

TWO PLAYERS

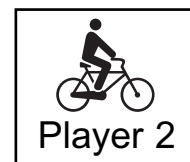
Object: To get to the finish line first by practicing bicycle safety.

Setting Up: Cut out the ten playing cards and the two playing pieces. Place the cards face down next to the playing board. Each player puts a folded playing piece on the square that says “Start”.

How to Play: Players take turns picking a card from the top of the pile. Read and follow the directions on the card.

How to Win: The first player to reach the “You Win” square is the winner.

Everyone is a winner when bicycle safety rules are followed.



DON'T FORGET TO SIGNAL!

**TURN
RIGHT**



**Cross
the bridge if
you can show
the three hand
signals---**

**TURN
RIGHT**



START

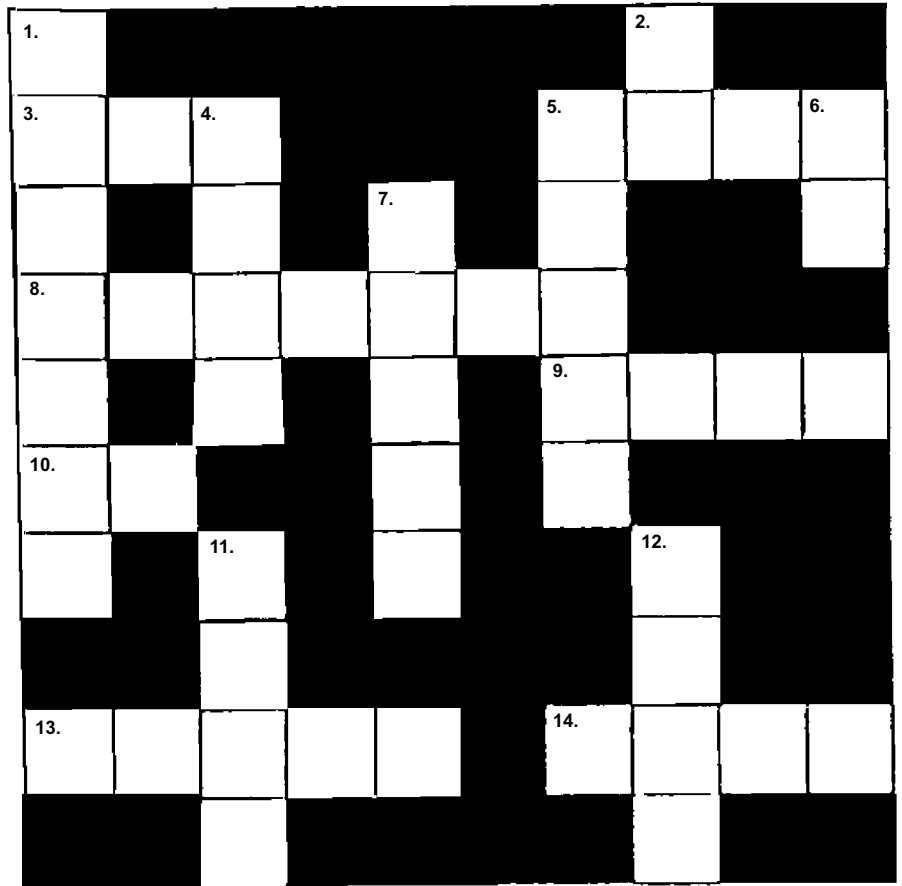
**YOU
WIN!!**





Bicycle Safety Crossword

Across

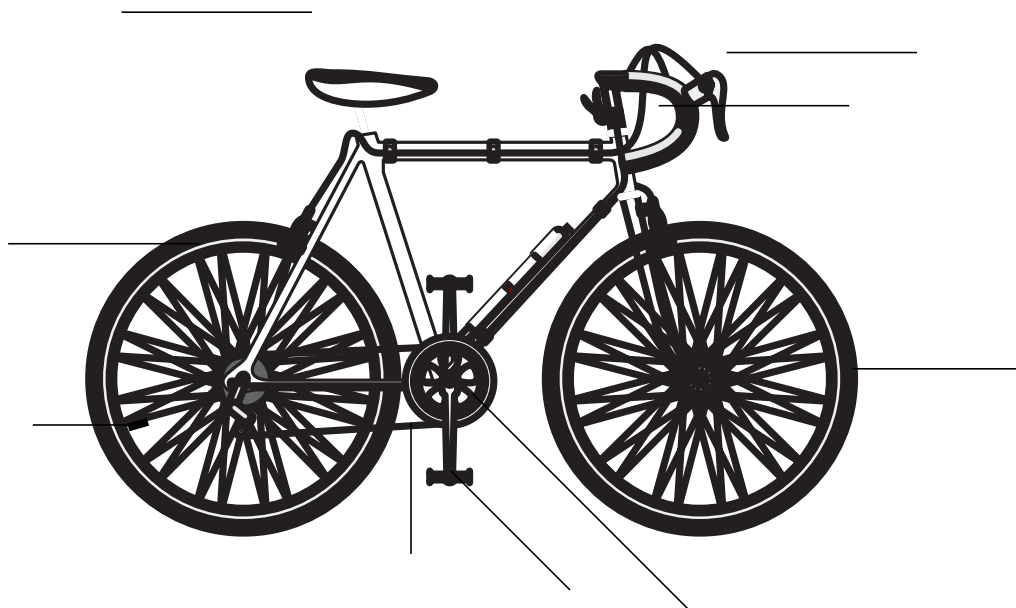
3. Look to the right _____ to the left before crossing an intersection.
5. Ride your bicycle on the right side of the _____.
8. Use hand signals when you are _____ or stopping.
9. A helmet should be worn to protect your _____.
10. When you sit _____ your bicycle, your feet should reach the pedals with your knees slightly bent.
13. You should not _____ things in your hands when you are riding a bicycle.
14. _____ your bicycle, even if you leave it for just a minute.



Down

1. Yellow on the street light means _____.
2. Green on the street light means _____.
4. Wear light-colored or reflective clothing when riding after _____.
5. This signal  means you are turning _____.
6. If you practice bike safety, you will _____ what is right.
7. Your bicycle needs reflectors and a lighted headlamp for riding at _____.
11. It is _____ dangerous to perform stunts or to ride double on your bicycle.
12. This signal  means you are going to _____.

Label the parts of the bicycle.



**BICYCLE
SAFETY TIP:**

Keep both hands on the handlebars.

BICYCLE SAFETY TIP:

Wear light colored clothing or reflective clothing at night.

BICYCLE SAFETY TIP:

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.

Grand Forks - East Grand Forks 2006 Bikeway Network

2006 Bikeway Map

Grand Forks - East Grand Forks Metropolitan Planning Organization

Bike facilities throughout the system are subject to closure due to construction or other circumstances at any time. Please use caution and obey all posted signage.

Legend

- **Path:** A pathway separate from traffic. May also be called a multi-purpose trail used for a variety of activities, including walking, jogging, and roller blading.
- - - **Lane:** A specific lane within a road.
- ● ● **Route:** A street designated as a preferred route to direct bicyclists to specific destinations.
- - - **Unpaved Trail**
- **Underpass**
- **Parks**
- ▶ **Distance Points** (all mileage is approximate)
- P **Parking**
- A **Access Points to Greenway**
- **Pedestrian Bridge**



- Points of Interest:**
- | | |
|--------------------------|-------------------------------|
| 1 Alerus Center | 11 RRSRA Campground |
| 2 Altru | 12 Sherlock Forest Playground |
| 3 Cabela's | 13 Super Target |
| 4 Columbia Mall | 14 NW Technical College |
| 5 Civic Center (EGF) | 15 Town Square |
| 6 County Fairgrounds | 16 UND |
| 7 Grand Cities Mall | 17 Valley Golf Course |
| 8 Lincoln Golf Clubhouse | 18 VFW Arena |
| 9 Ralph Englestad Arena | 19 Wal-Mart |
| 10 Riverwalk Center | 20 Kings Walk Golf Course |

Greenway Trails –
Access to Greenway Trails is marked with A

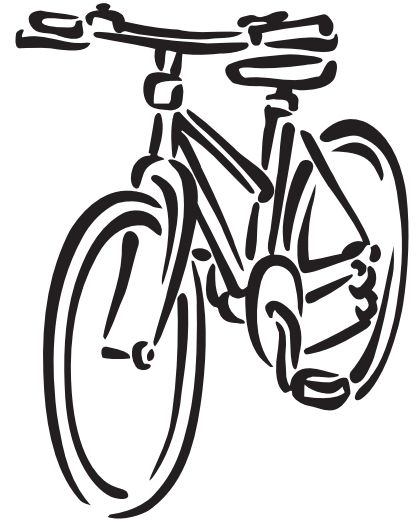
Revised March 2006

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. If you have bicycle equipment that rises more than five inches above the seat, it can prevent you from getting off the bicycle in an emergency.
- _____ 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 condition, 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. If you have bicycle equipment that rises more than five inches above the seat, it can prevent you from getting off the bicycle in an emergency.
- _____ 12. Bicyclists should ride single file when riding in groups.



Bicycle Safety Code

- I will always obey all traffic rules.
- I will always stop at all stop signs and stop lights.
- After stopping, I will always look left, right, and left again.
- I will search for cars and signal before moving left.
- I will always ride with the flow of the traffic.
- I will wear a bicycle helmet.
- I will be seen by wearing bright color clothes.
- I will use hand signals to tell others I am changing direction or stopping.
- I will watch for others exiting and entering driveways.
- I will look around for any hazards.
- I will lock my bicycle securely, even if just for a minute.
- Whenever I pass anyone, I will blow my horn, ring my bell, or say “on your left,” then pass left.

Answers

PAGE 5

Across

- 3. and
- 5. road
- 8. turning
- 9. head
- 10. on
- 13. carry
- 14. lock

Down

- 1. caution
- 2. go
- 4. dark
- 5. right
- 6. do
- 7. night
- 11. very
- 12. stop

PAGE 13

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

PAGE 10

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

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
Revised: August 2003



City of Grand Forks Bicycle Laws

1. Obey the same traffic laws as a driver of a car or motorcycle.
2. Carry only the number for which a bicycle is designed or equipped.
3. Riding more than two abreast is prohibited.
4. Sirens are prohibited.
5. Lamp on front is required after dark and must be visible from a distance of at least 500 feet.
6. Riding is allowed upon sidewalks in residential districts only.
7. Always yield the right-of-way to pedestrians and give audible signals before overtaking and passing pedestrians.
8. Hitching rides is prohibited.
9. Whenever a bike path is provided adjacent to a roadway, riders shall use such path and may not use roadway.

