

Read this packet & keep for future reference

1. **Learn and practice street-crossing rules.**
2. **Learn and practice bike safety rules.**
3. **Wear a helmet every time you ride.**
4. **See and be seen.**



1. Learn and practice street crossing rules.

Young children should be able to recognize streets and driveways and their parts — the sidewalk where they walk, the curb or edge where they stop, and the apron of a driveway where toys can roll into the street. Children learn by watching and doing. Grown-ups and older children should be role models and set a positive example by practicing safe habits.

Young children should always cross a street with a grown-up and whenever possible, at an intersection. Young children should always be supervised by a grown-up while walking in a parking lot.

To safely cross a street, follow these rules:

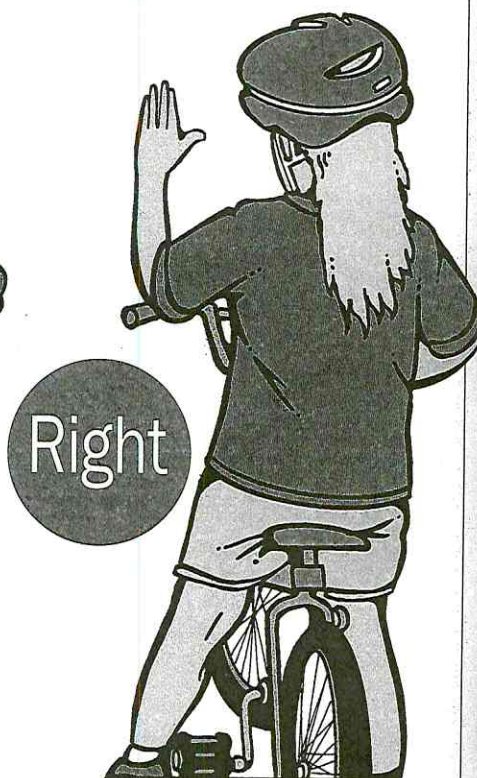
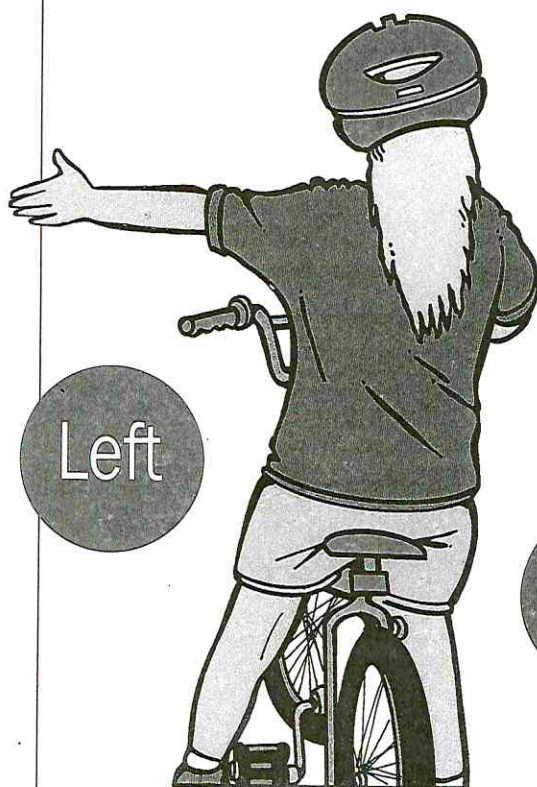
- Stop at the curb or edge of the road. Never run into a street.
- Listen and look for traffic to the left, to the right, and to the left again.

- Wait until the street is clear. Keep looking left and right until you have crossed the street safely.

2. Learn and practice bike safety rules.

- Always wear an approved bicycle helmet. Look inside the helmet for a sticker indicating that the helmet has been certified and labeled by an independent testing laboratory.
- Ride on sidewalks or safe areas only.
- Children should never ride their bicycles at night.
- When entering a sidewalk, path, or driveway, make a complete stop. Look left, right, and then back to the left. Be careful not to run into people who are walking on the sidewalk, path, or driveway.
- Walk, don't ride, your bicycle across the street.

Use the proper hand signals when turning.



- When riding on the street, ride with the traffic flow, not against it.
- Obey the same traffic laws as a driver of a car. This means stopping at stop signs and using the proper hand signals when turning. It is important for both motorists and cyclists to always signal their intentions.

3. Wear a helmet every time you ride.

Bicycle helmets have been shown to reduce the risk of head and brain injury. Unfortunately, only 15 percent of children ages 14 and under use bicycle helmets. Many communities are enacting laws to require bicycle helmets for young riders. Check with your local police department for the status of bicycle helmet laws for your area.

A bicycle helmet should be worn every time you ride. Grown-ups should set a good example for children by always wearing a bicycle helmet when riding. A helmet needs to be worn correctly. It should fit comfortably and snugly, but not too tightly. It should sit on top of your head in a level position and should not rock forward and back or from side to side. The helmet straps must always be buckled. If you are wearing your bicycle helmet

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properly, you should not be able to fit the palm of your hand on your forehead.

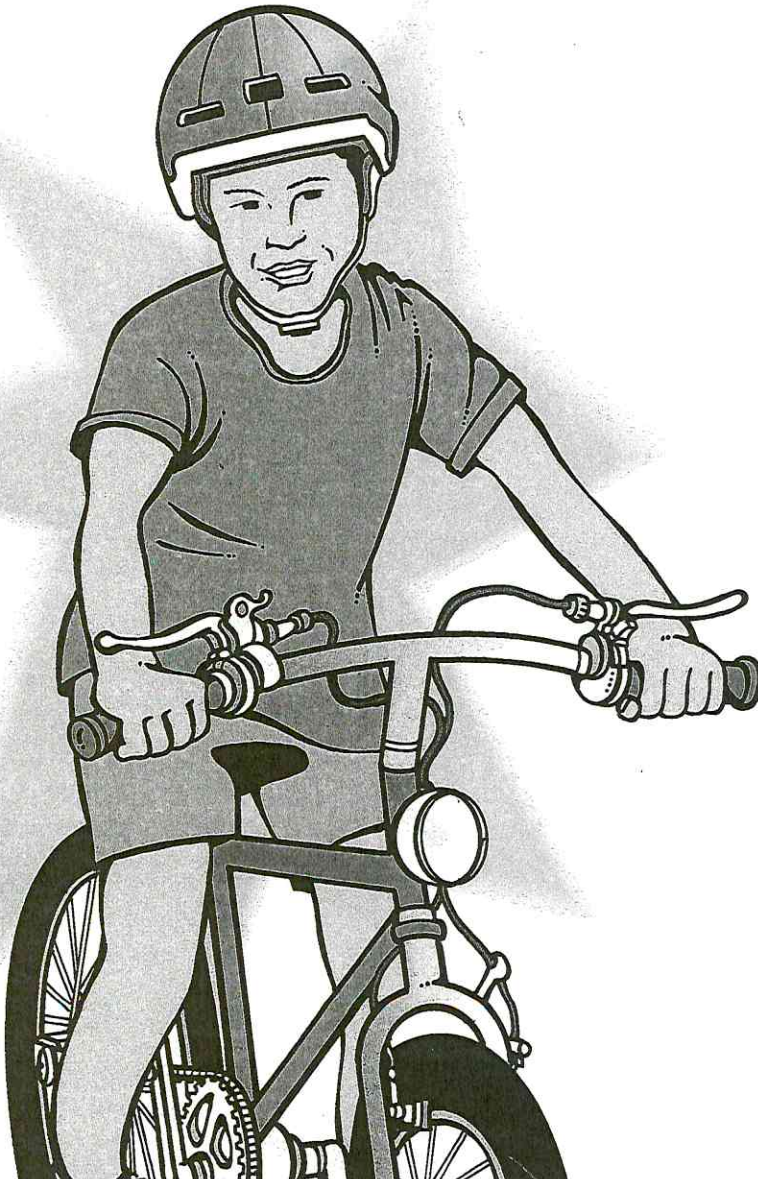
When you use in-line skates and skateboards, wear a helmet, elbow and knee pads, and wrist guards.

4. See and be seen.

Streets and driveways are designed for vehicles. Many times, drivers may not be on the lookout for children in their path. There have been cases in which children playing in a driveway have been run over by a vehicle pulling into or out of the driveway. Be safe — stay on sidewalks and paths, and play in a yard or playground. Always be on the lookout for moving vehicles.

Poor visibility at dusk increases the risks for cyclists. Bad weather compounds that risk by increasing stopping distances for both cyclists and motorists. Wear brightly colored or retroreflective clothing when riding your bicycle. Clothing can be trimmed with materials that reflect light. Retroreflective tape is an excellent choice and is available at fabric, sporting goods, and hardware stores.

Always walk on the sidewalk. If there are no sidewalks, keep to the left and walk facing traffic.



Bike and Pedestrian Safety

Note: These statistics may be old & have likely changed.

Bicycles are associated with more childhood injuries than any other consumer product other than the automobile. Each year, approximately 300 children ages 14 and under are killed in bicycle-related incidents and 400,000 more are injured. Ninety percent of bicycle-related deaths are the result of collisions with motor vehicles. Approximately 1,000 children are killed each year in pedestrian-related incidents.

Source: National SAFE KIDS Campaign®

Head injuries are the most serious injury type and are the most common cause of death among bicyclists. The most severe injuries are those that cause permanent damage to the brain. Studies have proven that bicycle helmet use can significantly reduce head injuries.

Source: National Highway Traffic Safety Administration

When riding on the street, ride with, not against, the traffic flow.

