

# PRACTICE BIKE SAFETY TOGETHER

The activities your child will learn as part of your school's Bike Safety Education a good start on teaching your child to be a safer bicycle driver but aren't a substitute for actual on-road biking practice and experience for your child.

Practice safe bike driving as a family to exercise and have fun together. There's much more to bicycle riding than learning to balance. To help family members become safe bike drivers, find a quiet, empty street or parking lot to practice basic skills.

Set a good example by following all motor vehicle laws (which apply to bikes just as they do with cars), and wear your helmet properly every time you ride. Helmets are common sense for all bicyclists, of ANY age.

## **Helmets**

Buy a properly fitting helmet. Helmets significantly reduce the chance of a head injury in a crash if they fit right. Make sure the helmet fits properly. Learn with your child how to do the One Two V Test (see attached) and have him or her check the helmet fit every time he or she puts it on.

Higher-quality helmets (\$30 and up) are much easier to adjust. Let your child pick out a model approved by the Consumer Product Safety Commission (CPSC) that he or she likes to increase a sense of ownership.

## **Important things for the Rider to have:**

- A properly fitted CPSC approved helmet
- A bike size and style that fits
- Proper clothing and gear

## **Important things for the Rider to do on the Road (or Sidewalk):**

- Ride in a straight line
- Ride at a safe speed
- Be able to stop quickly without skidding or falling
- Scan ahead and from side to side and over the shoulder without swerving
- Avoid hazards
- Ride with one hand when signaling with the other; left turn, right turn, slowing and stopping

## **Important ways for the Rider to Share the Road:**

- Ride in a smooth, straight line
- Understand and obey traffic signs and signals
- Identify and avoid high-risk situations and behaviors
- Understand and react to communications from other road users
- Understand how to making eye contact and why it's important

## **Important things for the Rider to know about the Bike and Gear:**

- How to check and adjust helmet fit for each ride
- How to use the ABC Quick Check bicycle mechanical safety checklist
- What kind of safety clothing and equipment to use
- How and where to lock a bicycle for bicycle theft prevention

