

Bicycle Safety Tips

Bikers Should Follow the Rules of the Road

Almost all serious bike injuries happen when a child breaks one of these rules of the road:

Rule #1: Stop before riding out into traffic from a driveway, sidewalk, alley or parking lot. Look left, right and left again. When you are absolutely sure there is no traffic, enter the road.

Rule #2: Ride on the far right side of the road with the traffic.

Rule #3: Obey traffic signals and stop signs, as if your bike were a car.

Rule #4: Look back and yield to traffic coming from behind you before turning left at intersections.

No Night Riding

Darkness, near-darkness and bad weather cause many bike collisions. If your older child must ride at night, his bike must have a headlight, a flashing taillight and reflectors. Keep reflectors clean and check them regularly to make sure they are securely attached.

Make Sure Your Child is Ready for the Road

Supervise your child until he can ride confidently and obey the rules of the road. Children under age 9 should never ride in the street. Remember to maintain your child's bike, especially the brakes.

How to Buy a Bike

- Buy a bike that is not too big or complicated for your child.
- Make sure it has a bell or horn.
- Take your child shopping with you. When he is sitting on the seat, the balls of both feet should be on the ground. Do not buy a bike for your child to grow into.