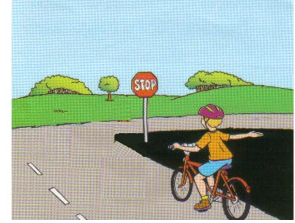


Be a Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to “drive” your bike? Riding your bike is just like driving a car — there are rules for bike driving.

- ◆ Ride on the right side of the road or trail.
- ◆ Always stop at the end of a driveway — look left, right, then left again before starting.
- ◆ Obey traffic laws—signs and signals, including stoplights.
- ◆ Ride straight—no surprises.
- ◆ Ride single file if there are cars behind you.
- ◆ Look back before turning left or if you have to move left to avoid something.
- ◆ Don’t ride at night until your parents say you are old enough and THEN use lots of lights.
- ◆ Use hand signals to let drivers know what you are going to do.
- ◆ Be careful of people walking — use your voice or a bell to let them know you are coming.
- ◆ Look out for cars backing up — is a driver in the car? Are the taillights on?
- ◆ Don’t ride too close to parked cars.
- ◆ Feel unsafe? You can always walk your bike.



Check Your Bike For Safety

Have your bike checked at least once a year at a bike shop. Check it yourself before biking with the ABC Quick Check:

- ◆ AIR — pinch the tires, they should be hard.
- ◆ BRAKES — make sure they work and aren’t rubbing the tire.
- ◆ CRANK/CHAIN — if there are problems with your gears or if the chain is loose, take it to a bike shop.
- ◆ QUICK — check “quick release levers” and other bolts to make sure they are tight.



Wear Your Helmet the Right Way



First, put on your helmet so it is level and snug — if it slides around, you need thicker pads.

- ◆ EYES — you should see the very edge of your helmet when you look up past your eyebrow.
- ◆ EARS — the strap should meet right under your ear lobes to form a Y.
- ◆ MOUTH — the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw, you can feel the helmet pull down the top of your head.

*Intended for older elementary and pre-teen children.
For more information, go to the Safety tab at www.rideillinois.org
or use the Child Bicyclist quiz at www.bikesafetyquiz.com*

Graphics credits: Bicycle Coalition of Maine.

