

Bicycle Safety

Please review these with your children!

Common Causes of Bicycle Accidents:

- Bicycle rider using the wrong side of the road.
- Auto driver making an unsafe turn.
- Bicyclist riding from driveway or sidewalk into path of car.
- Auto driver opening door as bicycle passes.
- Bicycle rider weaving, leaving edge of road or bike lane.
- Bicyclist making unsafe left turn.
- Bicycle without headlight or reflectors.
- Bicyclist not stopping at stop light or stop sign.

What are the equipment requirements?

Helmet: A person under 18 years of age cannot operate a bicycle or ride as a passenger without a properly fitted and fastened bicycle helmet that meets the standards of the American National Standards Institute (ANSI) or the SNELL standards for protective headgear.

• Handlebars

Must be set so that your hands are no higher than your shoulders when you hold the regular steering grip area.

• Bicycle Size

Must not be so big that operator cannot safely stop bicycle upright with at least one foot on the ground.

• Brakes

Must be able to make one wheel skid on clean, level, dry pavement.

• Light

A white lamp, attached to the bicycle or your body, visible from 300 feet to the front and from the sides.

• Reflectors

- Red rear reflector
- White or yellow reflectors on front and back of each pedal
- white or yellow reflectors on each side forward of center of bike and red or white on each side rear of center – usually on wheel spokes.

General Safety:

- Cross sewer gratings and railroad tracks at an angle.
- Stay in single file when riding with others.
- Cross busy intersections by walking your bike.
- Wear shoes – avoid getting toes caught in moving parts.
- Avoid long skirts and flare pants. Clasp pant legs to legs with clips or leg bands.
- Clip hair back to keep it from blocking vision. Avoid scarves which can fly in your vision.
- Wear proper safety equipment at all times – bright clothing, approved bicycle helmet.
- ALWAYS ride in the same direction as the traffic.
- Whenever there is a bike lane, you must use it.
- Keep at least one hand on the handlebars at all times.
- Never hitch or give rides to passengers when there is not a seat for them.
- Use proper hand signals:
Left turn: left arm straight out pointing left.
Right turn: left arm pointed straight up or right arm straight out pointing right.
Stop: left arm pointed straight down.
- Headphones covering both ears may not be worn while riding a bicycle.

Do I have to register my bicycle?

It is strongly recommended that you register your bicycle. Contact your local bicycle shop for information. Why?

- a license sticker in plain sight might discourage a would-be thief.
- If your bike is stolen, the chances of getting it back are much better.



Theft Precautions –

- Always lock your bike when leaving it.
- Use a strong chain and padlock or kryptonite lock.
- Secure the frame of the bike to something solid (bike rack).
- Keep a record of the license number, frame serial number and type and model of the bike.
- Park your bike where it can be easily seen.

Maintenance

- While riding, listen for sounds of rubbing, squeaks or rattles and investigate right away.
- Slipping or difficulty changing gears may mean the gear cable is too loose or too tight.
- Use a tire gauge to check tires every few days. Proper pressure is indicated on the tire sidewall or in the manual.
- Lightly oil and clean moving parts. Wipe off excess oil.
- Tighten and/or adjust loose parts.
- Make sure handle grips are glued or tightly secured to handlebars.
- If possible, store the bike indoors so it does not rust.

