

SAFE BICYCLE RIDING

Bicycles have been around for more than a century and their designs have varied greatly during that time. While styles, weight and colors have changed over the years, one thing has remained constant – a bicycle is only as safe as the rider makes it. Follow these rules to ensure that the helmet you wear fits properly and that the bike you ride is as safe as possible.

Bike laws

- Never ride with more than one person on a bike, unless the bike is designed for two or more people.
- At least one hand must be kept on the handlebars at all times.
- Yield to pedestrians.
- Stay to the right side of the road.
- A helmet is required for anyone under the age of 16.
- Display a white light on front of bike when riding at night.
- Display a reflector on the rear of the bike.



Be safe

- Obey all traffic signs and use hand signals.
- Ride with the flow of traffic.
- Wear bright colors to be visible to others.
- Do not allow straps or shoelaces to fly loose.
- Do not wear headphones.
- Watch for wet leaves, sand, rocks, cracks, puddles & glass.

Bike Helmets

Bike helmets should be lightweight and comfortable. They greatly reduce the chance of a serious brain injury by protecting the skull if a fall should occur. State law requires anyone under the age of 16 to wear a helmet while riding a bike. In fact, everyone *should* wear a helmet on every ride, no matter how short the journey.



- Make sure that your helmet meets or exceeds safety standards. Look for a certification sticker from ASTM, Snell, ANSI or CPSC inside the helmet and/or on the box.
- Helmets should fit level, square and snug on the head.
- Adjust straps to meet just below the ear.
- Let your children pick out their own helmet to ensure that it will be worn at all times.
- Set a good example for your children – wear a helmet!
- Always replace any helmet that has been involved in an accident.



Compliments of:

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