



TIPS FOR



BIKING



TO SCHOOL SAFELY



Can you think of a more exciting way to get to school than by bike? Riding to school leaves you arriving refreshed and revitalized. Just make sure you get there safely by following these tips:

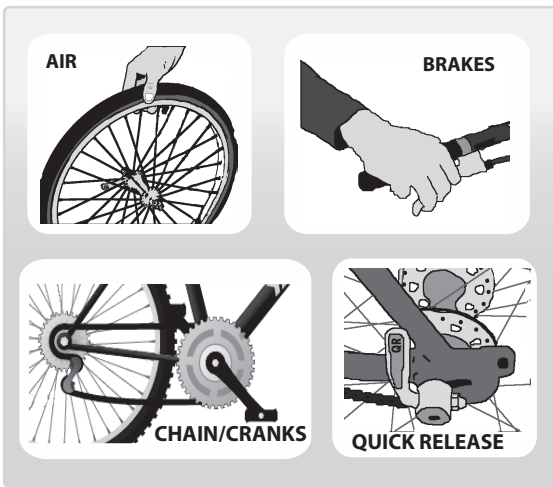
ALWAYS WEAR YOUR HELMET!

Wearing a helmet is the number one essential component to riding your bike. It keeps your brain and skull protected in case of a crash. Be certain that you fit your helmet correctly by making sure it is level on your head and fits snugly so if you shake your head, your helmet doesn't go anywhere!



"ABC QUICK CHECK" YOUR BIKE FOR

- **Air** - Squeeze your tires, make sure they are hard and full of air.
- **Brakes** - Squeeze your brakes and rock your bike. If it moves, your brakes need fixing.
- **Chain/Crank** - Make sure the chain is lubricated and not rusty. Wiggle the cranks to ensure that the bolts are tight.
- **Quick Releases** - Make sure the quick release lever on the tire is closed and tight before riding so the wheel doesn't fall out!



DRESS APPROPRIATELY



- Wear bright colors so motorists can easily see you.
- Make sure your shoe laces are tied so they don't get caught in the chain.
- Roll up your pant leg or use a strap so it doesn't get caught in bike parts.
- Wear a HELMET!
- Also bring a sharp and alert mind so you can react quickly to any situation.

OBEY THE RULES OF THE ROAD



- Follow the same laws as cars by obeying traffic signs, signals, and laws
- Ride on the right
- Ride in a straight line
- Look back and signal before turning
- Yield to pedestrians
- Use lights if riding at night
- Always stop at the end of your driveway and look left, right, and then left again before entering the road



READY. SET. RIDE!

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