

Bike Riding Safety Tips for Children



Wear a properly fitted bike helmet at all times, even on short rides, and never wear the helmet over a baseball cap.



Check to make sure your child's bike is the right size for him/her and is in good working order.



Teach your children bike safety rules and the rules of the road. Bikes should always be ridden in the direction of traffic and never against traffic.



Parents should set a good example and wear helmets themselves.



Respect traffic signals including stop signs.



Use front and rear lights.



Be vigilant at intersections. Younger children should dismount their bike and walk it across the street.



Wear bright colors so others on the road can see you, especially if riding at night.



Hand signals should be taught. They are an important communication link between bike rider and motorist.



Replace the helmet after an accident and when the child outgrows it.



Never wear headphones while riding.



Stay in the bike lane.

