

BIKE RIDING SAFETY TIPS FOR CHILDREN



1

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.

2

Use front and rear lights.

3

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

4

Respect traffic signals including stop signs.

5

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

6

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

7

Stay in the bike lane.

8

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

9

Never wear headphones while riding.

10

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

11

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

12

Parents should set a good example and wear helmets themselves.