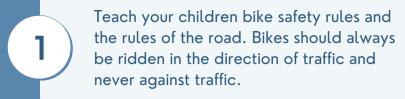
BIKE RIDING SAFETY TIPS FOR CHILDREN



- 2 Use front and rear lights.
- Wear a properly fitted bike helmet at all times, even on short rides, and never wear the helmet over a baseball cap.
- Respect traffic signals including stop signs.
- Hand signals should be taught. They are an important communication link between bike rider and motorist.
- Wear bright colors so others on the road can see you, especially if riding at night.
- **7** Stay in the bike lane.
 - Check to make sure your child's bike is the right size for him/her and is in good working order.
 - Never wear headphones while riding.
- Be vigilant at intersections. Younger children should dismount their bike and walk it across the street.
 - Replace the helmet after an accident and when the child outgrows it.



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Parents should set a good example and wear helmets themselves.