

CHAMP'S Bicycle Safety Tips



Riding your bicycle is lots of fun. I love to go out with my parents and run along side when they are on their bicycles. They follow all the safety rules. You have to remember to wear your helmet and follow bike riding safety guidelines too.

Your bike is fun but it is not a toy so make sure you learn all of the "Rules of the Road." Read these tips before going out for a ride. Maybe you can print out a copy to give to a friend to help me keep them safe as well! You can also ask your parents to check with your local police department or local Safe Kids organization (www.safekids.org) to see if they have any upcoming bicycle safety clinics which are great fun. Remember, I always say "Helmets are Cool." WOOF!



LEARN the basic six "Rules of the Road" and have a parent or guardian quiz you on them before you go out for a bike ride:

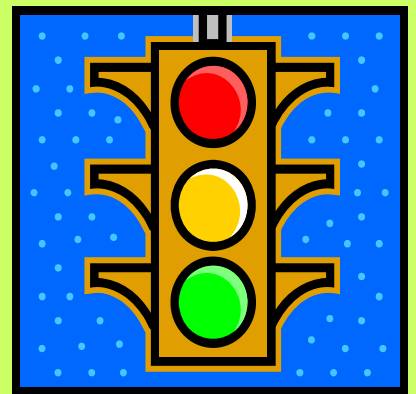
1. When turning or stopping, always use hand signals.
2. Look both ways at street corners and driveways.
3. Always ride with traffic, to the right.
4. Always stop at STOP signs, and don't ride up on the curb.
5. When you ride on the sidewalk watch out for people.
6. Riders must wear their helmet.

ALWAYS wear an approved and properly fitted bike helmet. Make sure your helmet has been approved by the Consumer Product Safety Commission (CPSC) by looking for their sticker on your gear. Your helmet should fit snug but not too tight. It should sit centered on top of your head in a level position, and not rock forward and backward or side-to-side. The helmet straps must always be buckled snugly against your chin.

USE appropriate hand signals to warn drivers before you turn. Not using signals will surprise drivers and may cause an accident.

KEEP both of your hands on the handlebars while riding unless using hand signals for traffic.

OBEY traffic signs and signals. When traveling with the flow of traffic, you also need to stop and go at the same time as the traffic.



MAINTAIN your bicycle by having a parent or adult guardian show you how to check the tires and brakes, seat and handlebar height.

TELL your parents or adult guardian where you plan to go for your bike ride and do not go somewhere else without asking permission.

AVOID riding close to parked cars. A driver may open a car door suddenly and create a dangerous obstacle.



LOOK in all directions as you near intersections, and be aware of approaching vehicles. Cars turning and entering the intersection may not always see you on your bicycle.

PLAN your route before you go out biking. Aside from not getting lost, you will be less likely to encounter hazardous road conditions.



WEAR closed shoes when riding your bike. Sandals and other types of open shoes can fall off while riding.

PUT your bicycle away safely and lock it up when you are finished to reduce the chance of it getting stolen or someone tripping and getting hurt.

DON'T ride your bike at dusk or in the dark. It makes it very hard for people driving cars to see you. If you are on your bike at dusk, wear light colored clothes and accessories that have reflective materials like reflective tape. Your bike should also have a white headlight and a red rear light, reflectors on both sides of each wheel, and a red reflector facing the seat. These safety features plus the fact that you are wearing a proper helmet could save you from a serious injury.



Champ thanks the following organizations for their great resources he used in the production of this tip sheet. *WOOF!*
American Academy of Pediatrics – The Injury Prevention Program;
American Red Cross; National Highway Traffic Safety Administration (NHTSA); Safe Kids USA

