

10 Bike Safety Rules

1. Always wear a helmet and wear proper attire to be visible!
2. Stop at the end of your driveway and look left, right, and left again before entering the road.
3. Obey all traffic laws. Follow all traffic signs, signals, and lane markings.
4. Be predictable. Ride in a straight line and use hand signals.
5. Younger riders may be safer riding on the sidewalk. If you do, be sure you watch for vehicles coming out of driveways, stop at all crosswalks to make sure cars see you, and share the sidewalk with pedestrians.
6. If riding on the street, ride in the same direction as traffic (with the flow) in a single file. Ride to the right side of the road, but far enough away from parked cars to avoid any car doors that suddenly open.
7. Look before turning. When turning right or left, look behind you for a break in traffic, then signal before making the turn. Watch out for cars turning right or left.
8. Watch out for hazards on the road, like sticks, rocks, glass, and potholes.
9. Riding at night is not recommended. If you have to ride at night, lights are required and reflective gear is important.
10. Communicate with other cyclists, drivers, and pedestrians! Make eye contact!



Bicycling Safety

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Bicycling Safety

Basics for Riding Safe For Kids & Parents



North Kitsap School District

Developed by the City of Poulsbo through a WSDOT Safe
Routes to School Grant

Bike Safe!

Obey Traffic Signs



Stop Sign.

Come to a complete stop.



Traffic Signal

Green = Go

Yellow = Stop

Red = Stop

Practice Hand Signals



Left Turn



Stopping



Right Turn



Alternate Right Turn

Protect your Head!

Make sure your helmet fits, otherwise it can't protect your head!

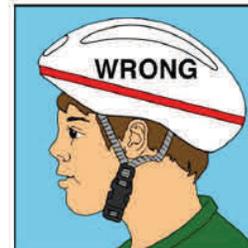
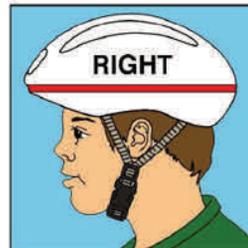
Eyes, Ears, Mouth. First, put on your helmet so it is level and fits tight. If it slides around, you can add padding and adjust the chin strap and buckles. Some helmets have an adjuster. Ask an adult for help!

Eyes. You should see the edge of your helmet when you look up past your eyebrows.

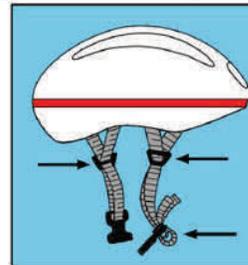
Ears. The straps form a "Y" under your ear lobes.

Mouth. The chin strap should be snug enough so that when you yawn the helmet pulls down on the top of your head.

When purchasing a helmet, look for a CPSC (US Consumer Product Safety Commission) or Snell certification.



Wear the helmet flat on the head, not tilted back at an angle!



- The straps should be joined just under each ear at the jawbone
- The buckle should be snug with your mouth completely open
- Periodically check your strap adjustment; improper fit can render helmet useless

Ride Safe with the "ABC Quick Check"

A = Air

Pinch your tires to make sure they are firm.

B = Brakes

Make sure your brakes work and are not rubbing on the tires.

C = Chain or Crank

Make sure the bike pedals smoothly and the chain is tight.

Q = Quick releases

Quick-release levers and bolts should be tight.

What to Wear

- Wear brightly covered clothes and reflective gear.
- Make sure your shoelaces are tied and your helmet is buckled.
- Tuck in your pant leg on the chain side so it doesn't get caught.
- Carry your books and gear in a backpack or bag designed to fit on your bicycle.

Watch Out and Listen

- Make eye contact with drivers at all crossings.
- Use bicycle lights—white on front and red on the back—to be visible.
- Don't listen to music on headphones—you need to be able to hear while you're riding!