



PROTECT YOUR HEAD—ALWAYS WEAR A HELMET.



SEE AND BE SEEN.
Wear clothes that make you more visible, like light colors or reflective materials.



AVOID RIDING AT NIGHT.
If you have to ride after dark, wear reflective clothing so you are more visible.



RIDE WITH TRAFFIC.
Always be aware of the traffic around you and be prepared to stop.

RIDE SINGLE FILE IN A STRAIGHT LINE WHEN RIDING ON THE ROAD.



ALWAYS OBEY TRAFFIC SIGNALS.
Learn the rules of the road and obey traffic laws.



STAY ALERT, AVOID ROAD HAZARDS.
Watch for potholes, cracks, railroad tracks, drainage grates, or obstacles in your path.



CHECK YOUR BIKE.
Make sure your brakes work and tires are properly inflated.



THE RIGHT HELMET FIT IS IMPORTANT

Make sure bike helmets fit correctly. Read the owner's manual for fitting instructions.

Buy a helmet that fits a child now, not a helmet to grow into. It should fit snug and sit low on the forehead – 1-2 finger widths above the eyebrow. Helmet should not rock side-to-side or slip forward or backward.



Make sure it meets safety standards. A bike helmet should have a sticker indicating it meets U.S. Consumer Product Safety Commission standards (ASTM, ANSI, and Snell designations all qualify.)



ALWAYS USE HAND SIGNALS to tell other cars and bicyclists what you intend to do.

>> Left turn – left hand and arm extended straight out to the side of the bike.



>> Right turn – left hand and arm extended upward from your elbow out to the side of the bike.



>> Stopping or slowing down – left hand and arm extended down out to the side of the bike.



Per Section 257.648 of the Motor Vehicle Code.



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Be a Safe Cyclist

