



Bicycle Safety Tips For Parents

- Begin by choosing a properly fitting bicycle for each child -- not one to grow into. Children should be able to rest their feet on the ground when they are seated, and have one-inch clearance between their body and the center bar of the bike. Handlebars should be within reach, and brakes (hand and feet) easily operated.
- Maintain the bicycle in proper condition. A bicycle shop can help give tips for proper care and repair.
- Never let your children ride without a helmet. Helmets should meet the Consumer Product Safety Commission Safety Standard or be approved by ANSI, ASTM or Snell.
- Set a good example by wearing your helmet when you ride. A good fitting bicycle helmet should sit on top of the head in a level position. The helmet should feel comfortable, but not be too tight or too loose; the helmet should not rock from side-to-side or back and forth.
- Help your children be seen. Bicycles should have reflectors on the sides and rear of the bicycle. Brightly-colored clothing and a fluorescent flag on a pole will also help them be seen during the day. Night bicycle riding is not recommended.
- Help your children be heard. A horn or a bell will alert others that your child is riding nearby.
- Don't allow your children to ride a bicycle until they can ride without wobbling, stop quickly without falling, and have been given bicycle safety instructions.
- *Never* allow children to ride double.
- Teach your children to obey all road signs and traffic signals; cyclists must follow the same rules that motor vehicles must follow. Children should walk their bicycles across busy intersections.
- Children should ride in a single file on the side of the road, with the flow of traffic, and use a bike trail or sidewalk whenever possible.
- Show your children the proper hand signals to use while on a bicycle -- left arm up in an "L" for turning right, straight out for turning left, and down for stopping.
- Place a bike basket or rack on your children's bicycles or give them a backpack so their hands are free to operate the bicycle.
- Participate in bicycle safety workshops, bicycle rodeos, and other community events that teach bicycle safety.

