

Ready to Ride?





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It is a beautiful day. What could be more perfect than a bike ride? But wait! Before you take your bike out, let's find out how to stay safe while biking.

Why is bike safety so important?

Bike riding is a lot of fun, but crashes and falls happen. Every year, lots of kids need to see their doctor or go to the emergency room because of bike injuries. This booklet has answers to some questions that you may have about how to be safe while biking.

What should I wear when I ride my bike?

Wear a bike helmet every time you ride, even if you're going for a short ride.

Wear bright clothing so that others can see you. Bright clothing is especially important for night riding, but young children should not ride at night.

Wear shoes that cover your toes. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. You should never ride barefoot!

Riding gloves may help you grip the handlebars and can be a fun accessory!

Other tips:

- Make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces.
- Do not wear headphones because you may not be able to hear noises around you, such as a car honking its horn, an emergency vehicle, or someone calling your name.

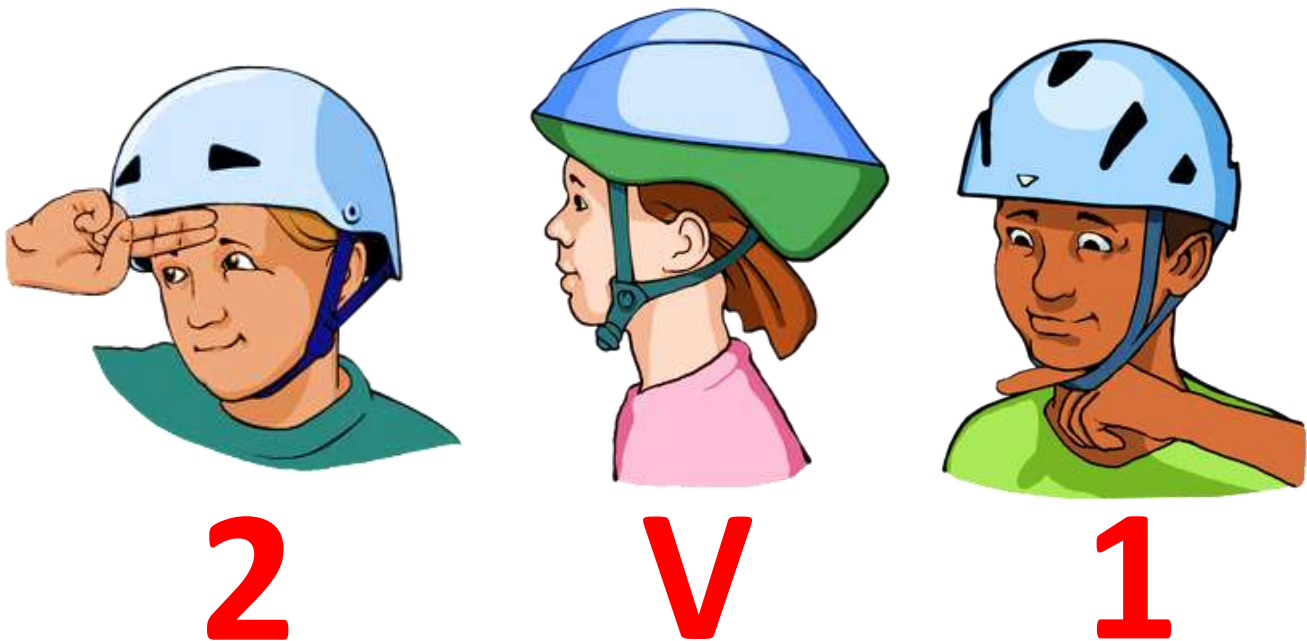
Why should I wear a bike helmet?

Wearing a helmet that fits well will help to protect your face and head from injuries like skull fractures, cuts, and bruises. A helmet can protect your brain from an injury that may last throughout your life.

Bike helmets are so important that the government has created safety rules for them. Your helmet should have a sticker that says it meets the rules set by the Consumer Product Safety Commission (CPSC). If your helmet doesn't have a CPSC sticker, see if your mom or dad can get you one that does.

Wear a bike helmet on every ride!

It is not enough to just plop the helmet on your head. Use the **2V1 Rule** to make sure your helmet fits properly.



The front of the helmet should be 2 fingers above your eyebrows.

The side straps should form a "V" around the ear.

Only one finger-width should fit between the chin and the chin strap.

Your helmet should fit squarely on top of your head with little movement in any direction when the chin strap is done up. To get a good fit, tie your hair back below the helmet. Don't wear anything under the helmet, such as a toque or hat.

What's the right bike for me?

It doesn't matter what kind of bike you have, but it is important that your bike fits you. It is also important that your bike is in safe condition.

To check if your bike is the right size for you:

- Stand straddling the top bar of your bike so that both of your feet are flat on the ground.
- There should be at least 1 inch (2.5 centimeters) of space between you and the top bar.
- When you are sitting on your bike, you should be able to reach the pedals with a slight bend in your knees.
- When you are holding the handlebars, you should also have a slight bend in your elbows and you shouldn't have to stretch your arms to turn your handlebars.

Before you ride, remember your ABCs:

A stands for Air

B stands for Brakes

C stands for Chain

Use this safety checklist and ask an adult for help:

- Do the tires have enough air?
- Are the tires in good condition?
- Are the brakes working?
- Does the chain work; does it need grease?
- Is the seat at the right height?
- Is the bike frame safe?
- Does your bike have a bell or horn?
- Does your bike have rear and front lights and/or reflectors?

If you think something is broken on your bike, ask an adult for help. Do not try to fix it yourself without help. Learn alongside an adult and do the repairs together!



Image accessed March 2020

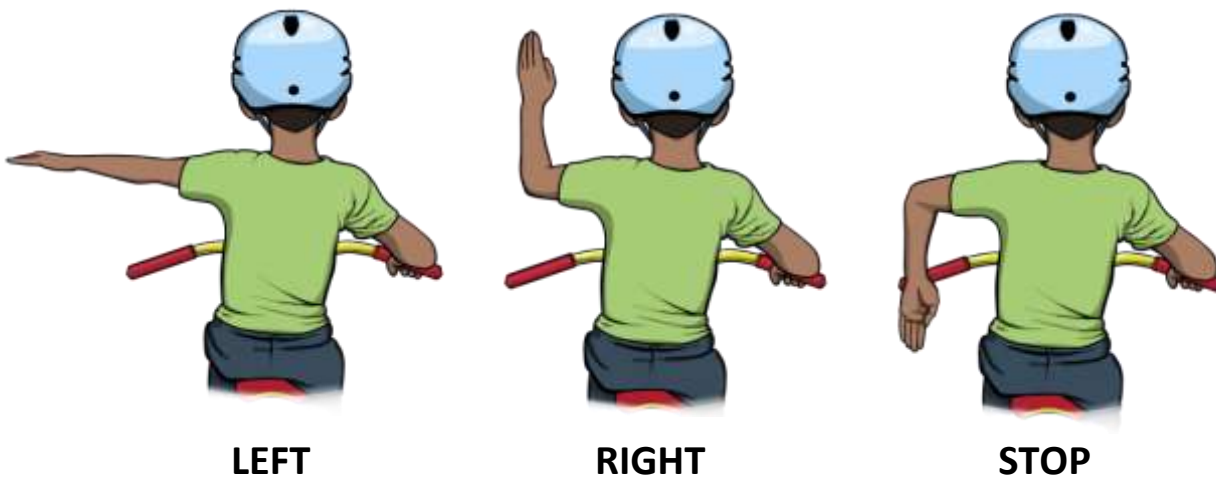
<https://sportpei.pe.ca/userfiles/files/Cycling%20Active%20Start%20April%202020.pdf>

**Proper
Seat
Height**

What road rules should I know?

When you ride on the road, stay alert and aware of what is around you. Follow these rules:

- Ride on the right in the same direction as traffic. Never ride against traffic.
- Stop at all stop signs and obey traffic lights and signs, just as cars do.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- When you come to a crossing, get off your bike, walk your bike across the intersection, and follow the traffic signals. Let pedestrians cross in front of you before you move through an intersection or a crosswalk.
- Always ride with your hands on the handlebars.
- Ride in a straight line. Never turn or swerve your bike without looking behind you first.
- Ride about one metre from the curb or parked cars. This makes it easier for cars to see you and to avoid hazards like potholes. This helps you avoid car doors that are being opened or cars that suddenly pull out of parking spots.
- Use a bell or horn to alert pedestrians and other cyclists that you are coming up or around them. You can also say in a loud voice “Bike coming to your left.” After letting others know that you are going to pass, shoulder check and pass on the left when the path is clear.
- Use arm signals to show others where you are going and when you are going to stop.



Signal your intention to move while getting close to a corner or intersection. Use your left arm to signal. Hold on to the handlebar with your right hand.

Have fun and ride safe!