

facts on

For More Information Contact:

1319 Colony Street
Saskatoon, SK S7N 2Z1
Bus. 306.651.4300
Fax. 306.651.4301
info@skprevention.ca
www.skprevention.ca

The Saskatchewan Prevention Institute is supported by:

Government of Saskatchewan
Kinsmen Telemiracle
Foundation
SaskAbilities
University of Saskatchewan
Community-At-Large

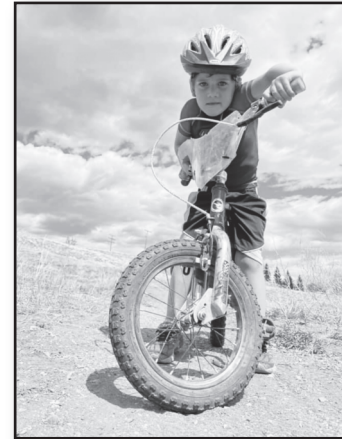
Bicycle Safety

Cycling is a great way to get around, stay active, and have fun. It is important that children, youth, caregivers, and communities understand the importance of safe cycling and how to prevent serious bicycle-related injuries. Here are some simple rules that will help you avoid injuries while cycling.

- Always wear an approved **bicycle helmet**.
- Yield right-of-way to all pedestrians. Have a bell on your bike to alert pedestrians that you are there.
- Remember, a bicycle is a vehicle. Observe all traffic signs and rules, and use "shoulder checks" and **hand signals** to let others know what you intend to do.
- Cycle in the daytime whenever possible. If you must ride at night, wear light coloured clothing and use **reflective tape** on both your clothes and your bike. If you are riding after dark, your must have a working headlight and a red rear reflector.



- Ride **single file** on the **right-hand side** of traffic. Never cycle against traffic.
- Never carry a passenger on your bike.



- **Stay visible.** Prevent putting yourself in a position where cars can cut you off when turning either left or right.
- Ride **one metre** from parked cars where you are more visible to motorists. Watch for car doors opening.
- **Stay alert.** Stop, look, and listen when you enter any street. Keep your eyes on the road and traffic.
- At busy intersections do not attempt to make left turns. Stop and **walk your bike** across the road, in a pedestrian crosswalk.





When cycling, stay alert and watch for potential hazards in your environment.

Use caution around:

- train tracks
- rocks and gravel
- leaves
- sewer grates
- glass
- potholes or loose pavement
- wet or slippery areas
- puddles (may hide potholes)



Before You Ride

Helmet

- Do you have your helmet?
- Does it fit correctly?

Clothing

- No sandals or bare feet.
- Are your shoelaces tied?
- Is your clothing safely away from the chain and spokes?

Bicycle

- Is your bike the right size for you?
- Is it in good working condition?

Use the ABC Quick Check to check your bike's working condition.

ABC Quick Check

Air (tires, wheels, spokes)

Brakes (pads, cables, handlebars)

Chain (oil, pedals, derailleur)



For more information about helmets and other cycling-related topics, visit <https://skprevention.ca/safety/bike-and-wheel-safety/>.