

## Your Bike Safety Checklist

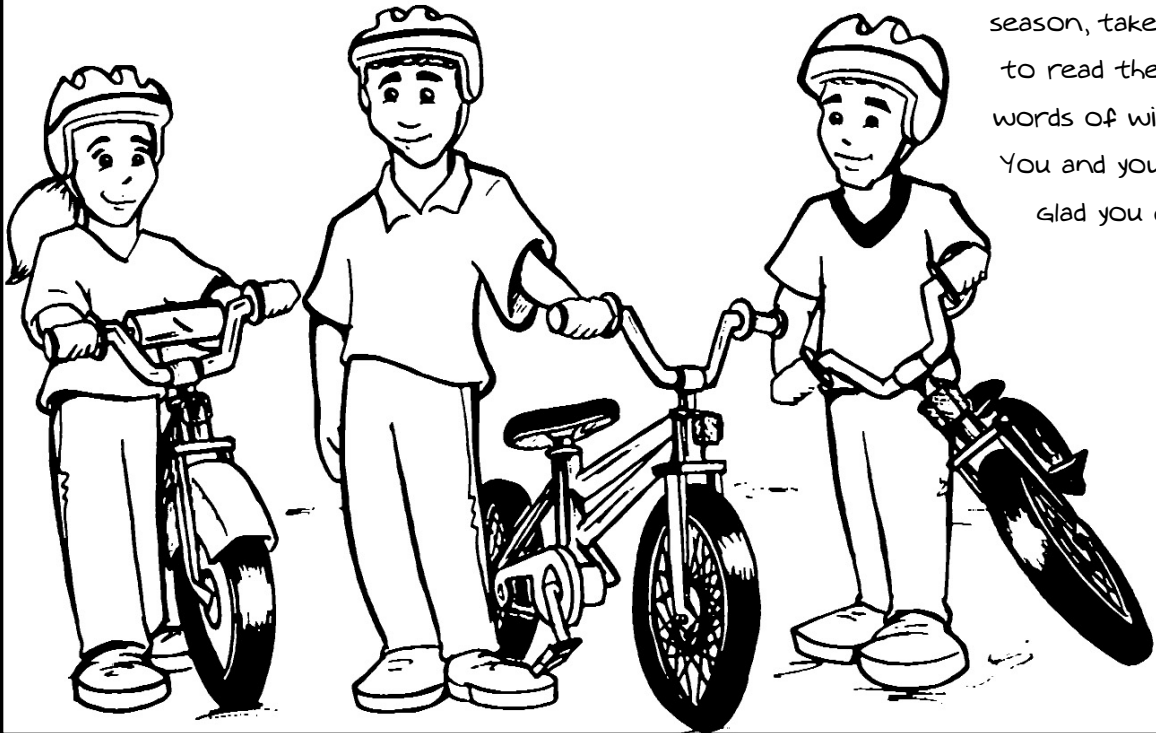
Remember, whenever you go on a bike ride...

- Always wear a helmet. Always-always-always!
- Inspect your bike. Check your tires for proper inflation. Test your brakes. And be sure your seat is adjusted to fit you. Everything tight? Sweet!
- Dress "loudly." Wear bright clothes to get drivers' attention: Hel-lo!
- Watch for road hazards. Bumps, chuckholes, and other obstacles can cause you to fall and ruin a good ride.
- Obey traffic safety laws. Be cautious and be alert – pay attention to what's going on around you.
- Don't ride recklessly. It's not cool to fool around on a bike – you can get hurt, and hurt other people, too.
- Avoid night riding whenever possible. But if you must, bright lights, reflectors, and reflective clothing will help get you seen and home, safe and sound.
- Have lots of fun! That's what biking is all about.



Bike riding isn't just knowing how. It's bicycle safety: knowing the rules of the road and making sure your bike is safe to ride.

So before you go bike riding this season, take just a few minutes to read the bicycle safety words of wisdom in this booklet. You and your parents will be glad you did!

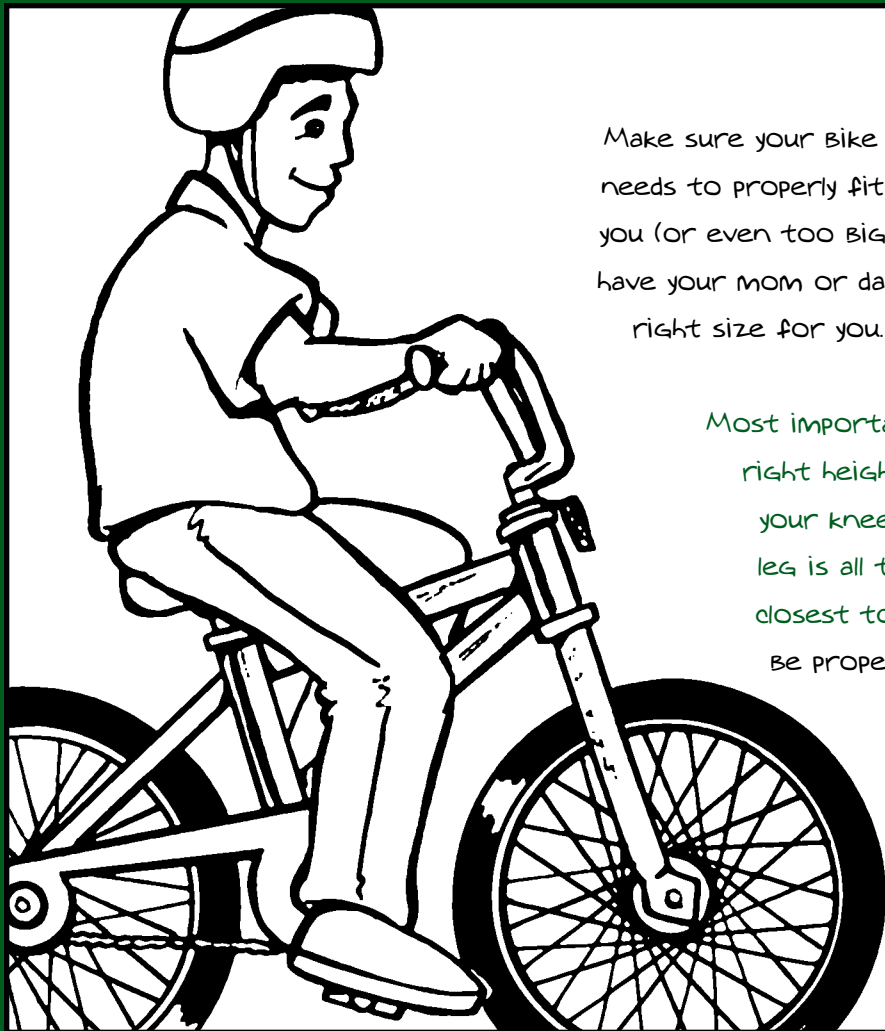


Always wear a helmet. Every time you get on a bike, be sure to wear a helmet. Specially designed bicycle helmets help to prevent injury to your head if you have an accident. That's "brain-tection" – brain protection – you can't go without.

But a helmet doesn't help if it doesn't fit right. So kids, be sure when shopping for the best helmet that you try it on for size.\*

\* Parents – Look for bike helmets for your children that have a "CPSC" (the U.S. government's Consumer Product Safety Commission) or a "Snell" sticker on them (Snell Memorial Foundation is a non-profit organization that tests bicycle helmet safety and sets helmet safety standards).



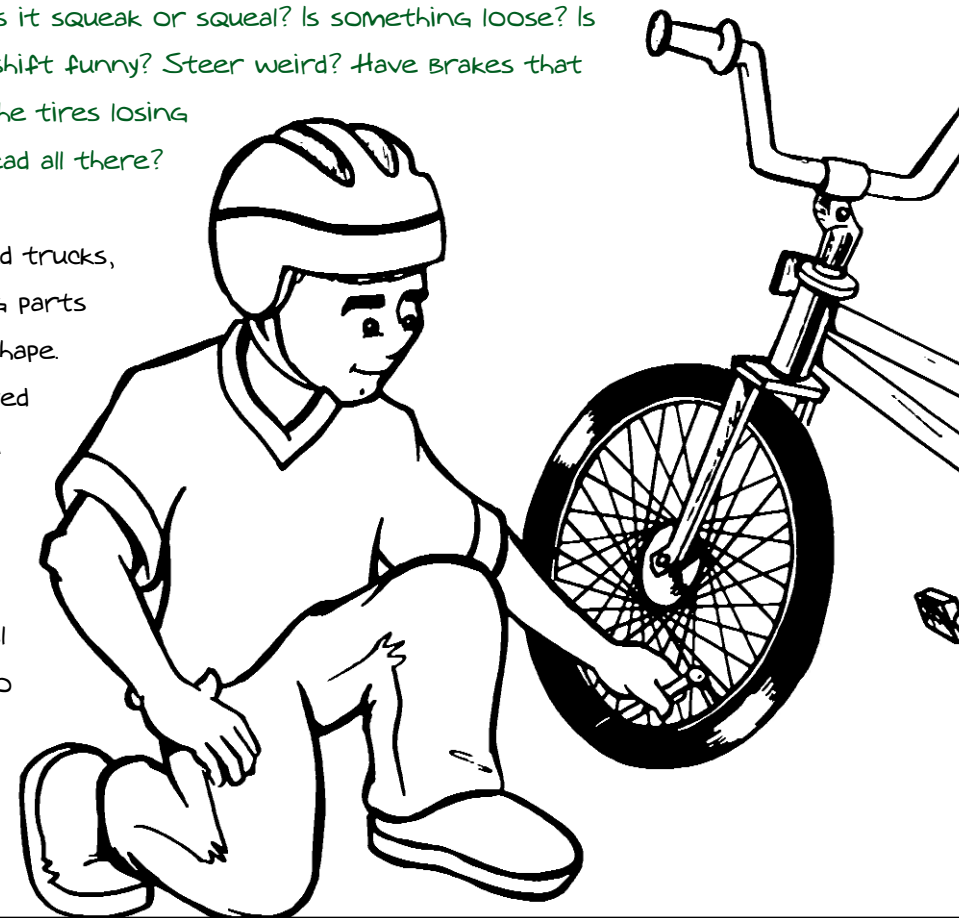


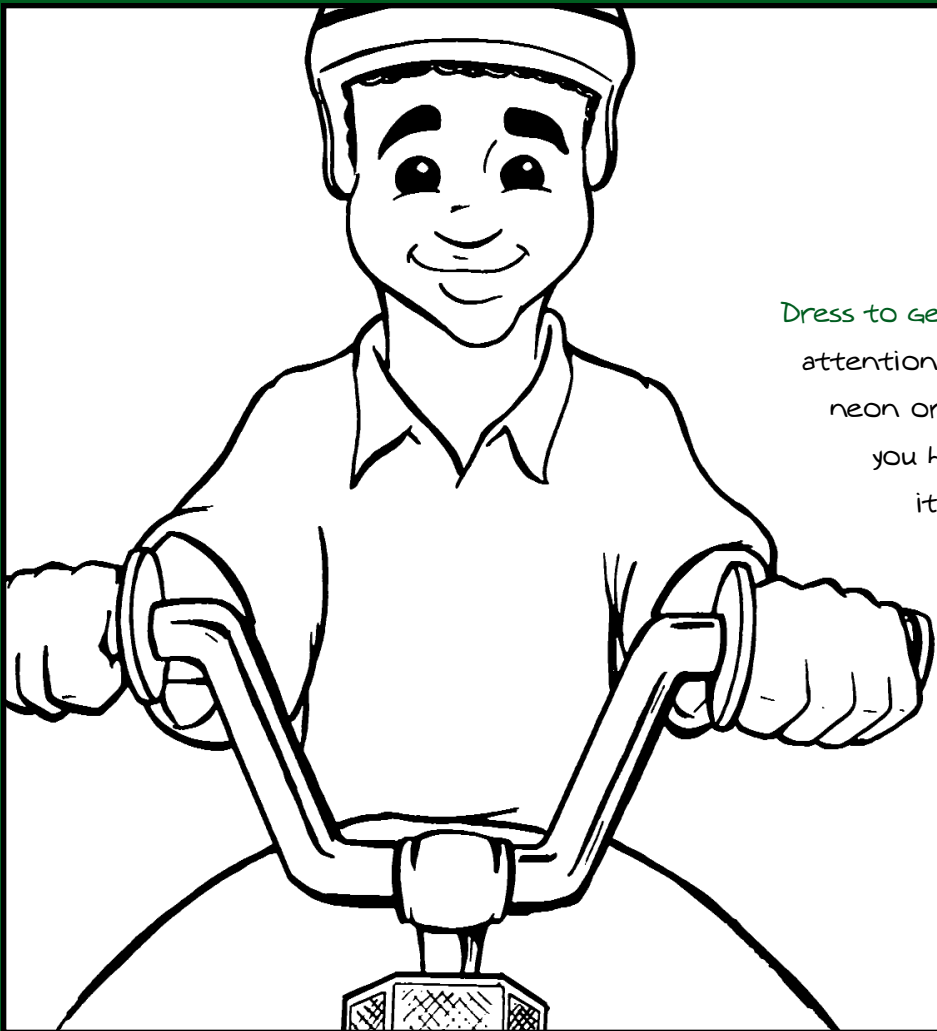
Make sure your bike fits you. Like your clothes, your bicycle needs to properly fit you. If your bike is now too small for you (or even too big), you can't ride safely. So be sure to have your mom or dad check to see that your bike is the right size for you.

Most importantly, the seat should be set at the right height: when you're seated on your bike, your knee should be slightly bent when your leg is all the way down on the pedal when it is closest to the ground. And handlebars need to be properly adjusted for comfort and control for a smooth, safe ride. Just like your knee, your elbows should be slightly bent when you hold on to your handlebars.

Make sure your bike is road ready. Does your bike have a wobble, a wiggle, or a strange kind of jiggle? Does it squeak or squeal? Is something loose? Is anything rusty? Does your bike shift funny? Steer weird? Have brakes that stick or don't really brake? Are the tires losing any air, and is the tread all there?

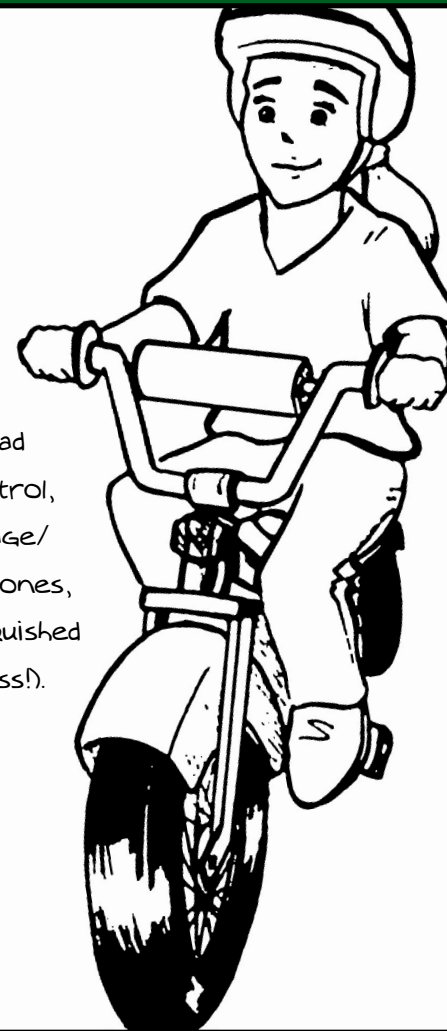
Just like your family's cars and trucks, your bicycle is made from moving parts that must be kept in good shape. These parts need to be inspected before every riding season begins. Ask your mom or dad to make sure that your bike is in proper riding condition. A professional tune-up by your local bike shop is the best way to make sure your bike is in the best shape and good to go.

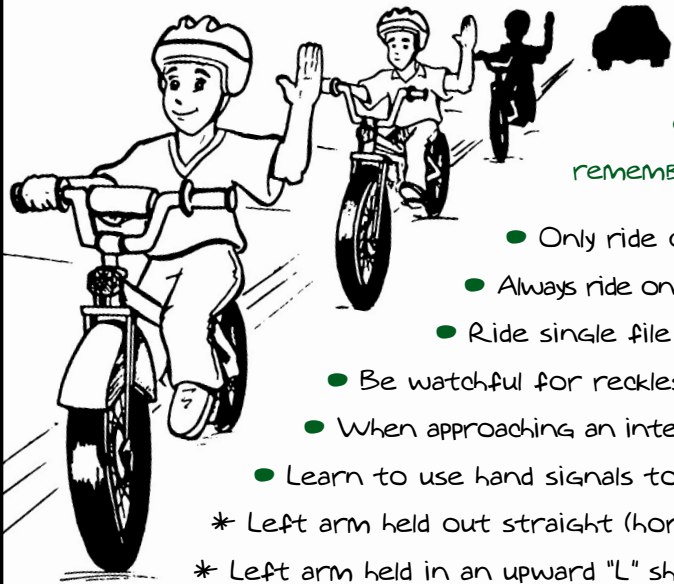




Dress to get drivers' attention. You'll get drivers' attention when bike riding by wearing bright neon or fluorescent clothing that makes you highly visible to traffic. When biking, it's best to be seen easily.

Be on the lookout for road hazards. Roads aren't always smooth or straight. So lookout for anything on the road that could make you lose control, like bumps, chuckholes, drainage/ sewer grates, large sticks, stones, gravel, wet leaves...or even squished animals (eww - gross!).





Obey traffic safety laws. Like a car, your bike is considered a traffic vehicle. So when riding on streets, remember to:

- Only ride on streets after practicing with your parents.
- Always ride on the right side of the road, going with traffic, not against it.
- Ride single file on roads when bike riding with friends or family.
- Be watchful for reckless drivers. Always stay alert to the traffic around you.
- When approaching an intersection, be sure to look "left-right-left" before crossing.
- Learn to use hand signals to alert drivers that you are about to turn:

\* Left arm held out straight (horizontally) signals a left turn.

\* Left arm held in an upward "L" shape signals a right turn.

\* Left arm held in a downward "L" shape signals that you are stopping.

Remember, it's simple, safe, and courteous to use hand signals.

- Obey all traffic lights and traffic signs, as if you were driving a car.



left turn



right turn



stopping

Don't ride recklessly. Be a responsible biker.  
This means when riding your bike, NEVER...

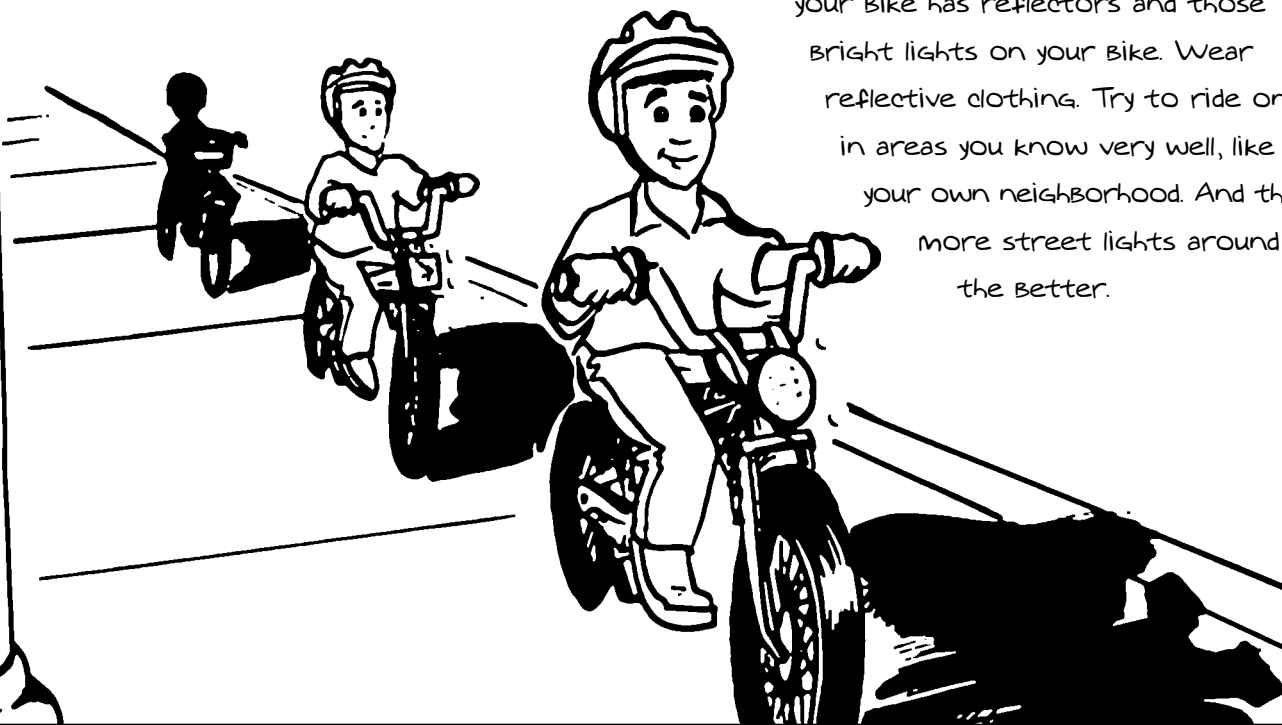


- ride barefoot
- listen to headphones
- carry someone else on your bike (unless it's a bicycle built for two)
- hitch a ride on a moving vehicle
- attempt bike tricks or stunts (like wheelies or jumps) on the street or whenever traffic is present



Avoid riding at night whenever possible. It's hard to see and be seen at night. It's actually against the law to ride your bike at night without easily visible lights on the front and back of your bike. So if you must ride when it's dark out, be sure

your bike has reflectors and those bright lights on your bike. Wear reflective clothing. Try to ride only in areas you know very well, like your own neighborhood. And the more street lights around, the better.



Now that you've done your bicycle safety homework, you're really ready to roll. Have fun!

#### What is Encore?

Encore Health Network is one of Indiana's largest health care networks. With doctors you know and hospitals you trust, you pick your doctors and you are in charge of your health care. We care about you and your family's safety and hope that this booklet can keep you safely riding your bike all year long.

