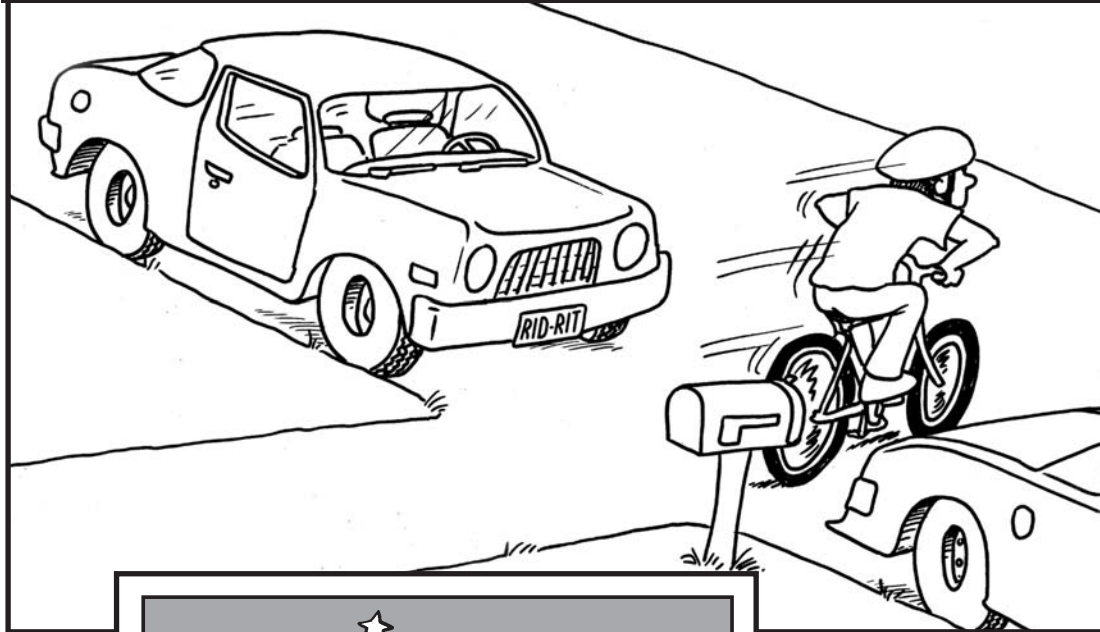


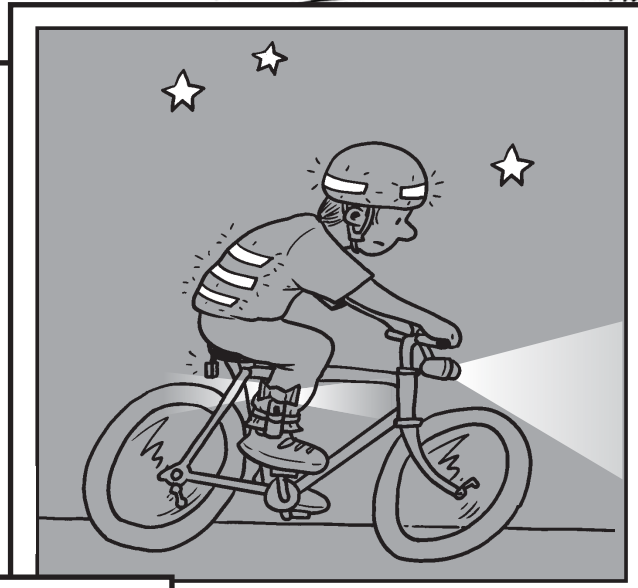
# Bicycling Do's and Don'ts

Remember—a safe rider is a smart rider. Watch for cars and obey street signs. NEVER enter a roadway between parked cars! At busy intersections, get off your bike and use the crosswalk.

42% OF BICYCLE ACCIDENTS HAPPEN LIKE THIS!

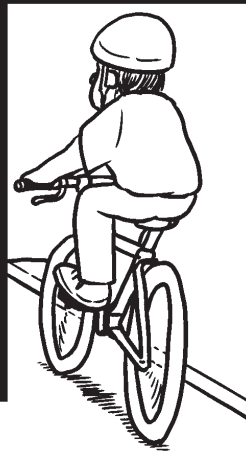


When you're old enough to ride your bike in the street—be extra careful! Stop and look all ways before riding into the street. Be sure you see all the cars, and be sure they see YOU! Ride on the right side and go the same way as cars. Ride single file, near the curb—so that cars have room, too.

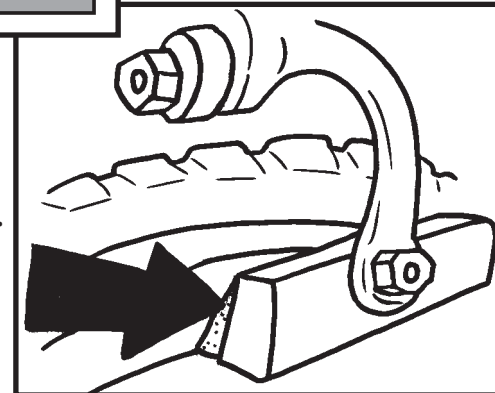


It's best not to ride at night, but if you must ride at night:

- Wear bright-colored, reflective clothing.
- Use a headlight, a tail light and a leg-strap light.
- Make sure your bike has lots of reflectors.

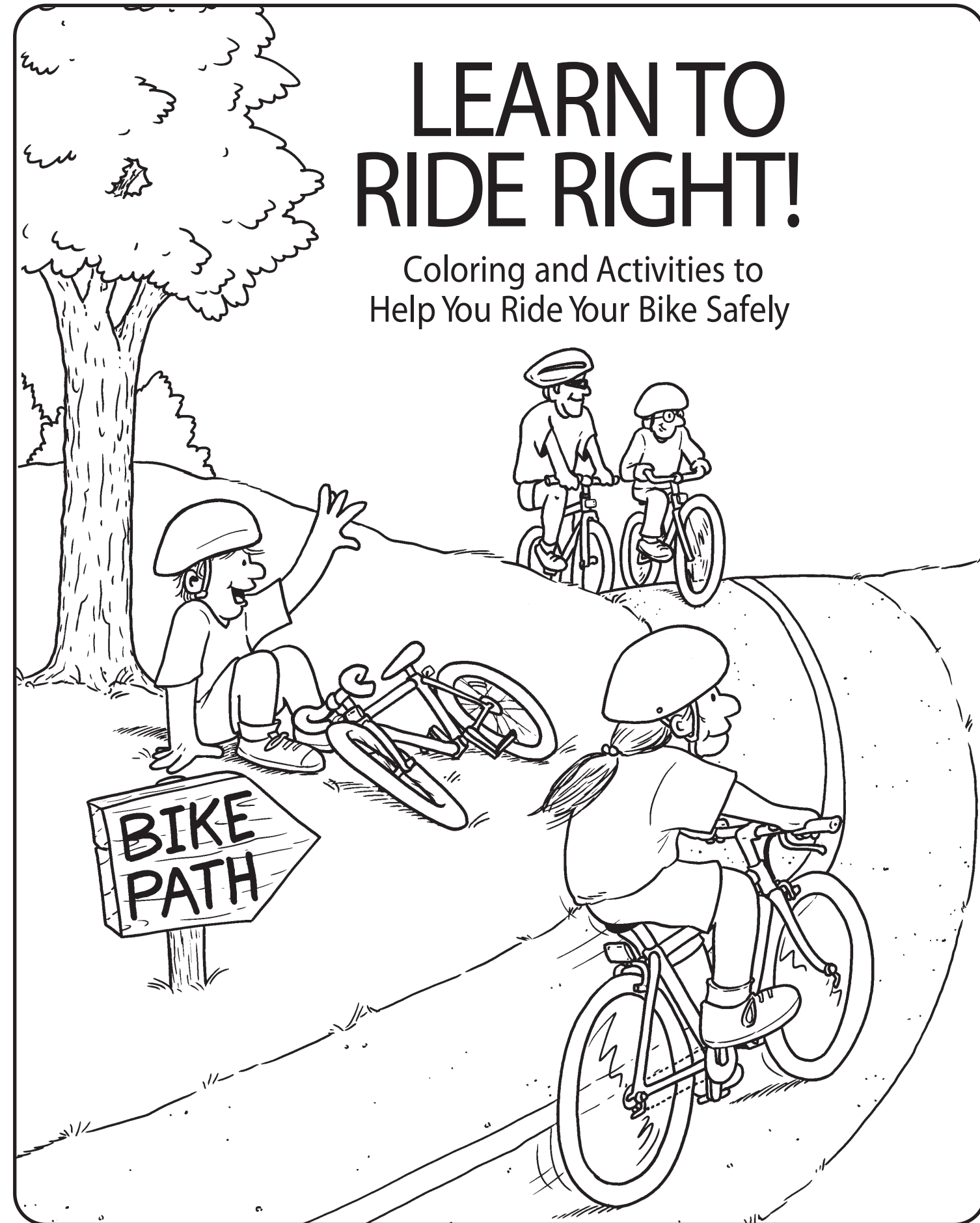


Your brakes are very important. Check to see if the brake pads are worn. If they are, have a grown-up help you replace them!



# LEARN TO RIDE RIGHT!

Coloring and Activities to Help You Ride Your Bike Safely

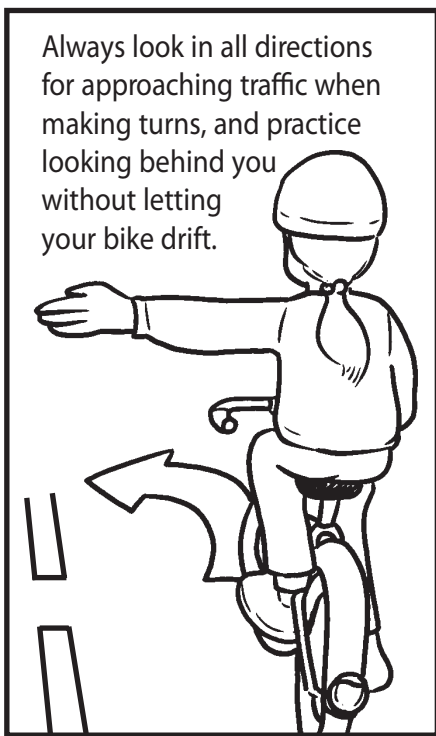


This belongs to: \_\_\_\_\_



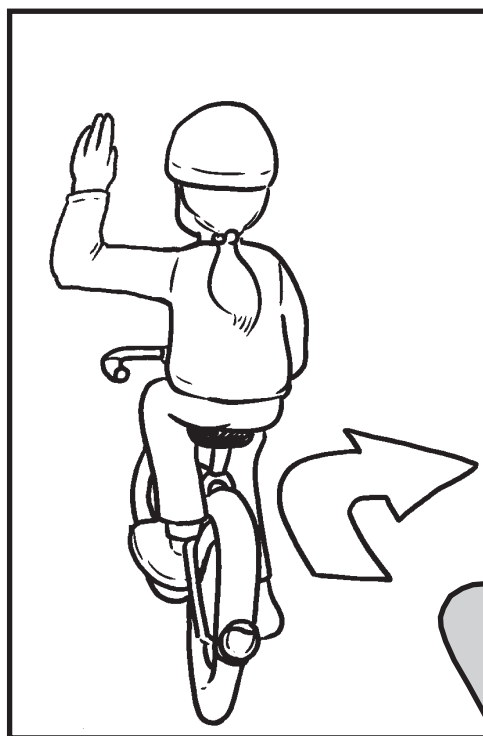
Riding your bike is fun—  
if you do it safely.

Use your left hand to signal for turns and stops.

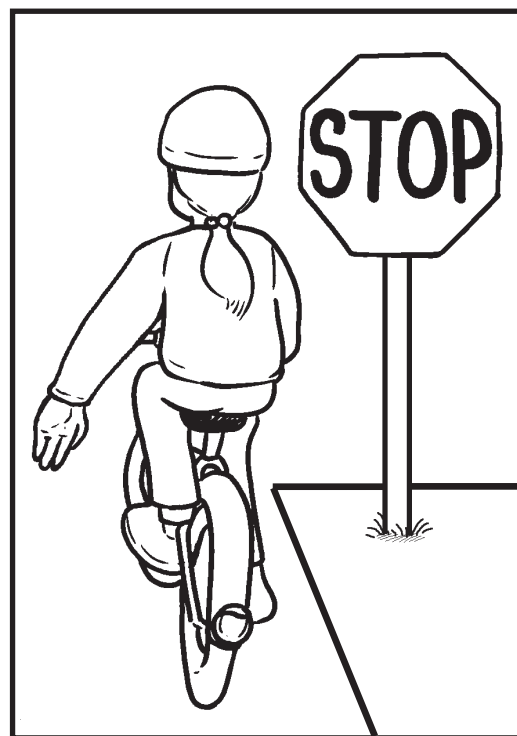


Always look in all directions for approaching traffic when making turns, and practice looking behind you without letting your bike drift.

Extend your arm straight out to signal a left turn.



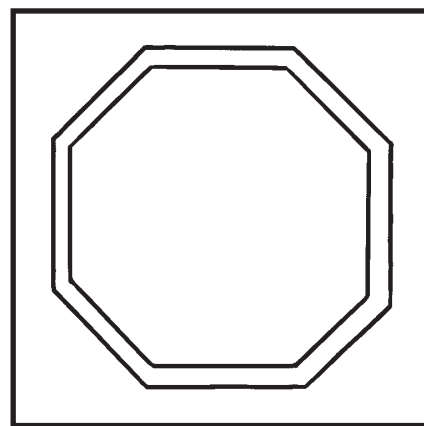
For a right turn, extend your arm out and up.



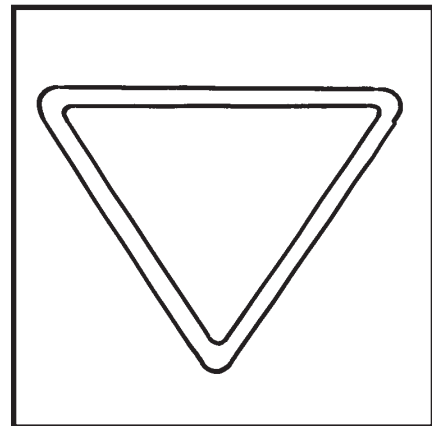
When coming to a stop, extend your arm out and down.

Bikes are considered vehicles, just like cars or trucks. So bike riders must obey all street signs and traffic lights.

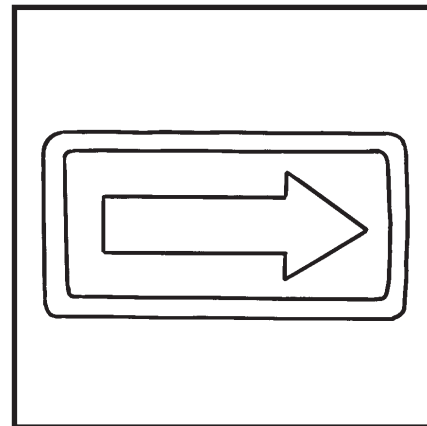
Match the words on the far-right side with the correct sign shapes.



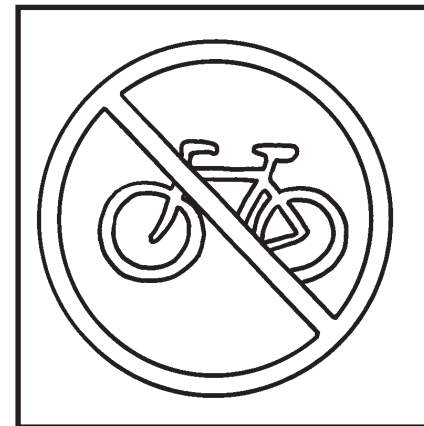
A



B



C



D

- One Way
- No Bicycles
- Stop
- Yield

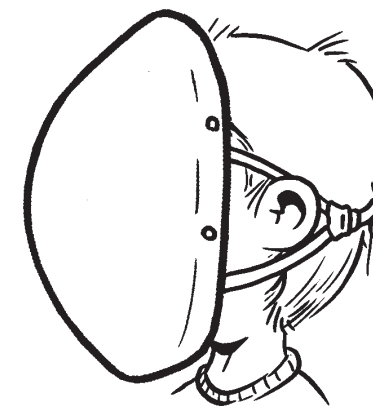
Always wear a bicycle helmet when you ride your bike.



Helmets should be fitted and worn properly!



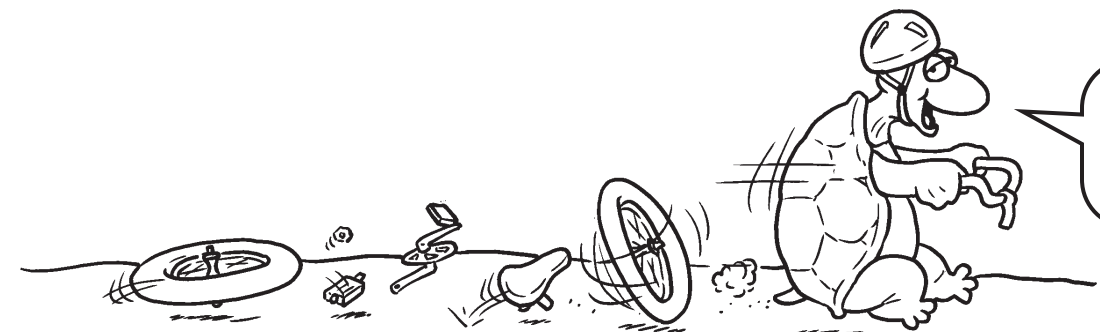
Too loose! Your helmet should not slide around on your head.



This guy is missing the point completely!



A perfect fit! Helmet is snug and stays centered on your head.



My helmet protects my head just like my shell protects my body.