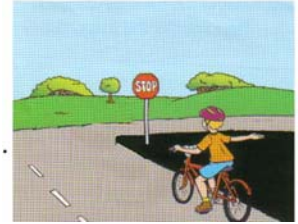


Be a Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to “drive” your bike?

- ◆ Ride on the right side of the road or trail.
- ◆ Always stop at the end of a driveway — look left, right, then left again before starting.
- ◆ Obey traffic laws—signs and signals, including stoplights.
- ◆ Ride straight—no surprises.
- ◆ Look back before turning left or if you have to move left to avoid something.
- ◆ Don’t ride at night until your parents say you are old enough and THEN use lots of lights.
- ◆ Ride single file if there are cars behind you.
- ◆ Use hand signals to let drivers know what you are going to do.
- ◆ Be careful of people walking — use your voice or a bell to let them know you are coming.
- ◆ Look out for cars backing up — is a driver in the car? Are the taillights on?



Check Your Bike For Safety

Have your bike checked at least once a year at a bike shop. Check it yourself before biking with ABC Quick Check:

- ◆ AIR — pinch the tires, they should be hard.
- ◆ BRAKES — make sure they work and aren’t rubbing the tire.
- ◆ CRANK/CHAIN — if there are problems with your gears or if the chain is loose, take it to a bike shop.
- ◆ QUICK — check “quick release levers” and other bolts to make sure they are tight.



Wear Your Helmet the Right Way



First, put on your helmet so it is level and snug — if it slides around, you need thicker pads.

- ◆ EYES — you should see the very edge of your helmet when you look up past your eyebrow.
- ◆ EARS — the strap should meet right under your ear lobes to form a Y.
- ◆ MOUTH — the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw, you can feel the helmet pull down the top of your head.



For more information, go to “Safety Education” at www.bikelib.org

Thanks to the Bicycle Coalition of Maine.

Intended for older elementary and pre-teen children.