



## Activity Sheet

# Safe Biking for kids

### Rules of the road

#### Ride on the right side of the road with traffic.

When you ride in a group, ride in **single file**. Bicycles are considered vehicles according to most state and city laws – this means you have a right to the road. It also means you must obey all traffic laws.

#### Hazards

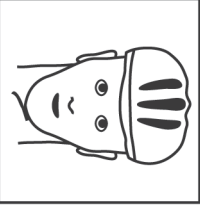
Hazards can be anything that blocks your view of traffic, causes you to lose control of your bike, or crashes into you while riding. Some examples are parked cars, potholes, opening car doors, dogs, and railroad tracks.

#### You can avoid hazards

by looking ahead and to the sides to anticipate approaching hazards. Riding over and around hazards may require looking back for cars and a change of lane position. To safely cross railroad tracks, ride over them at a 90-degree angle, which prevents your wheels from getting trapped between the track and the road.

### Check your helmet and bicycle

\*If you are unsure about helmet fit or the safety of your bike, ask your local bike shop for help.



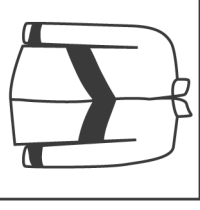
Before you ride, check that your **helmet** covers your forehead. When you look up you should see the helmet's front edge.



**Sliders** should be slightly below and in front of your ears. Only two fingers should fit between the **chinstrap** and your neck.



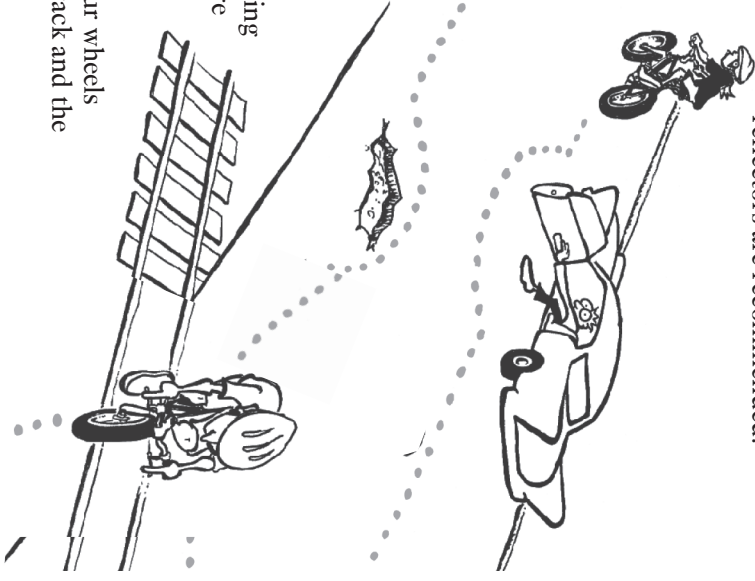
Keep pant legs and shoelaces out of moving parts by **rolling and tucking** them in.



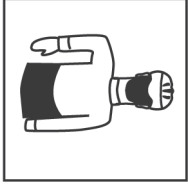
Wear bright and reflective **clothing** to help you be visible to motorists at night.

Use your **hand signals** to communicate where you are going.

Use **lights** at night – white in front and red in back. Bright clothing and reflectors are recommended.



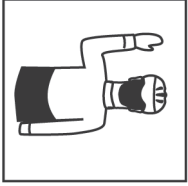
### Using hand signals



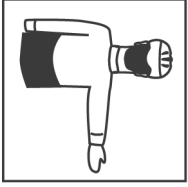
Stop



Left turn



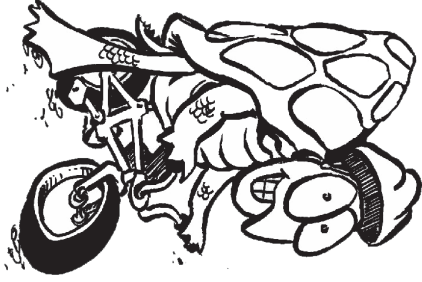
Right turn



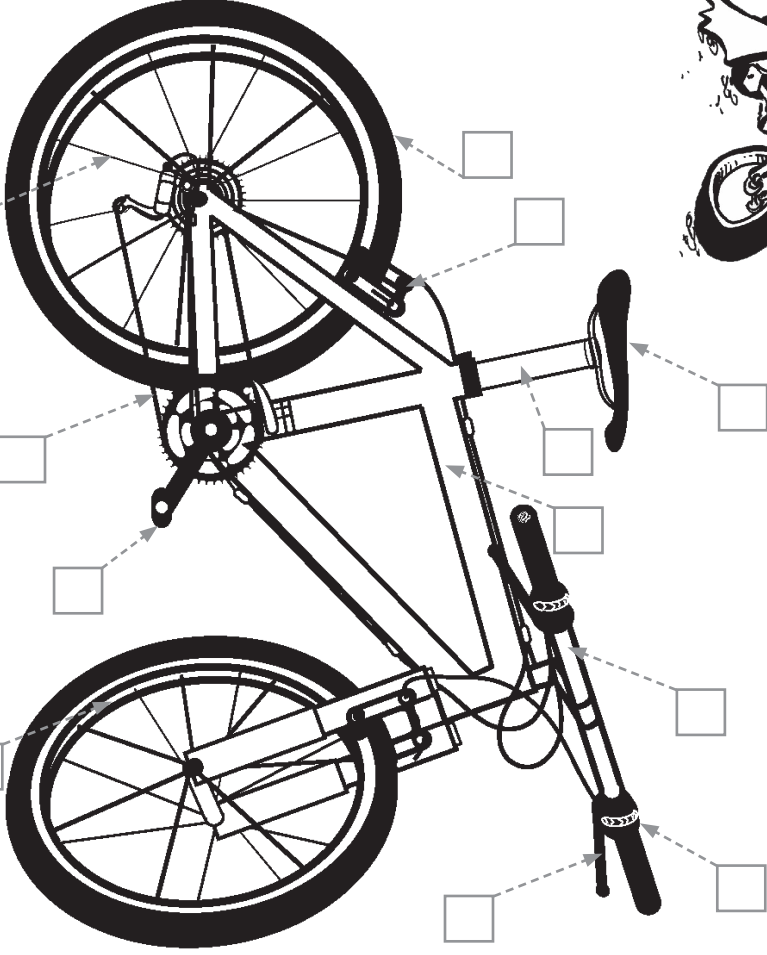
Right turn  
(alternative)

### Know Your Bike Quiz

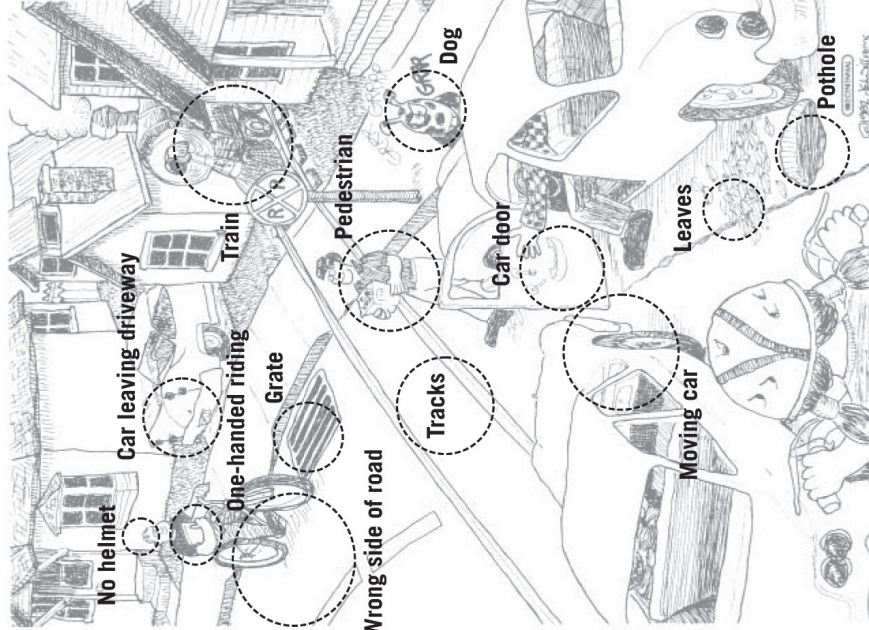
Which part is which? Identify these 12 bike parts by writing the right letter in the box next to each part.



- A. Seat
- B. Handlebars
- C. Top tube
- D. Tire
- E. Brake
- F. Shifter
- G. Brake lever
- H. Seat post
- I. Spokes
- J. Chain
- K. Pedal
- L. Rim



### Pages 4-5

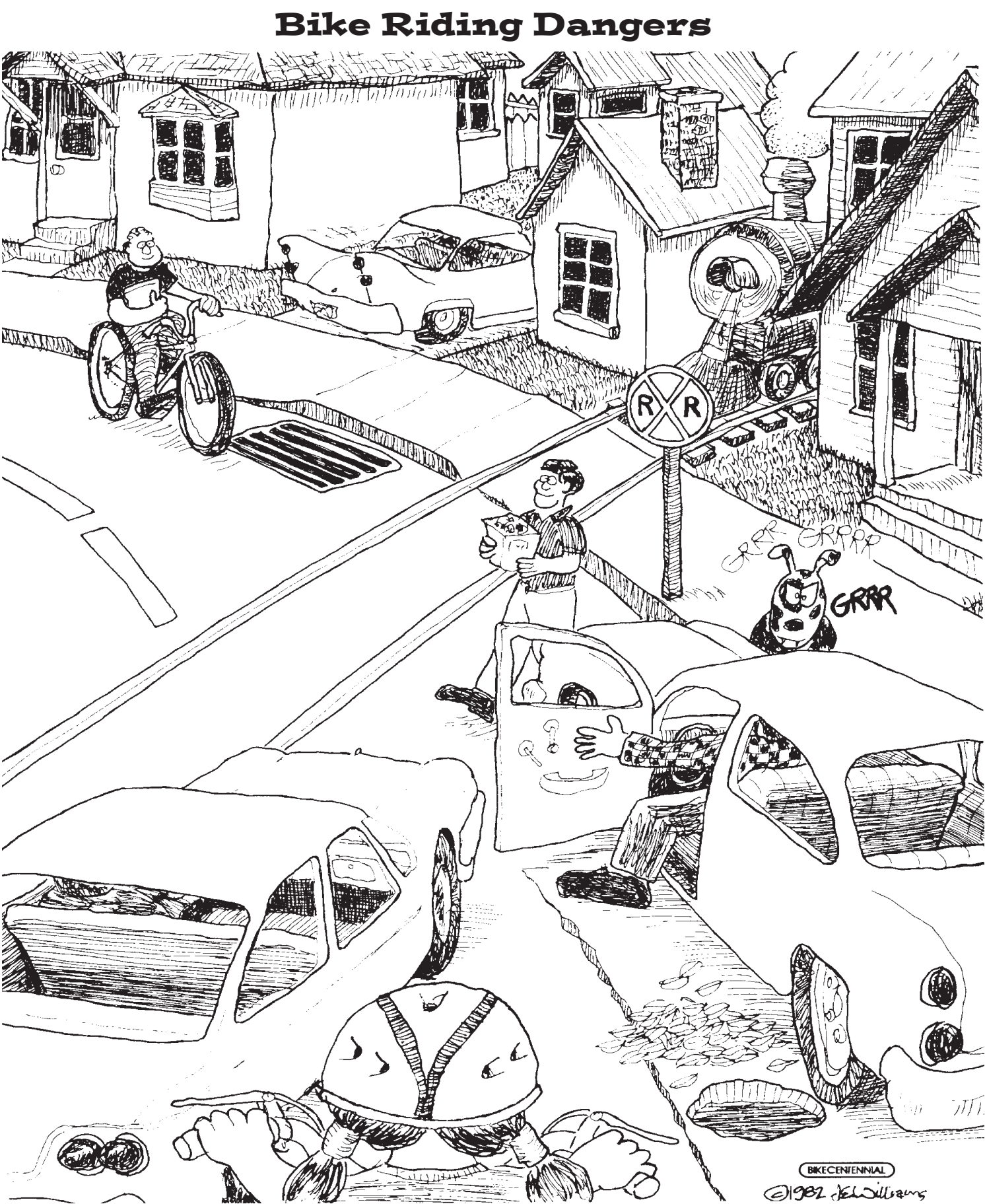


**Now that you're ready to ride...**

**Always wear your helmet** – every time you ride

- Ride in the same direction as other vehicles. Bicyclists and drivers follow the same rules of the road.
- Pay attention to traffic. Do not use headphones or cell phones while you bike.
- Be visible. Wear bright clothing and reflective materials when you ride.
- And, above all,** obey all traffic laws, signs and signals.





# Bike Riding Dangers

## Bike Lib

### Making the plan

The other day I called my friends \_\_\_\_\_ and \_\_\_\_\_ and asked if they wanted to go for a \_\_\_\_\_ ride. They were \_\_\_\_\_ and so they were happy to come. I told them to meet me at \_\_\_\_\_ in \_\_\_\_\_ minutes and be sure to bring their \_\_\_\_\_.

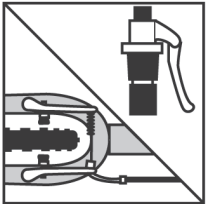
I was \_\_\_\_\_ to go for a ride with my friends. I ran to the \_\_\_\_\_ to get ready. I combed my \_\_\_\_\_ and washed my \_\_\_\_\_ and put on clean \_\_\_\_\_.

Then I went to the \_\_\_\_\_ to get my \_\_\_\_\_ stuff. The most important thing is my \_\_\_\_\_. It looked great!

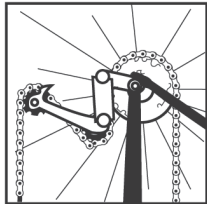
### Check your bike for safety



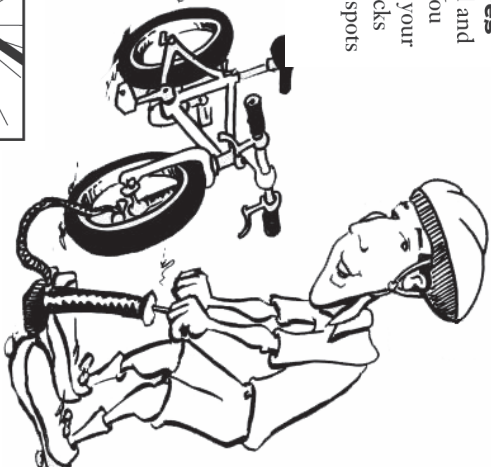
Check that your **tires** are properly inflated and in good condition. You may need to replace your tire if you notice cracks in the sides or worn spots that bulge.



Squeeze the **brakes** and rock your bike forward. Both brakes should grip the rims smoothly and evenly. When braking, the levers should be at least one finger's width from the handlebars.



Check that the **chain** is running smoothly by pedaling backwards. Add lube to the chain if it looks dry or squeaks. Clean your chain with degreaser to remove rust and lube build-up.



## Safe Biking Word Find

Find the words in the list below and circle them. Words are forwards, backwards and diagonal.

A	E	L	B	A	T	C	I	D	E	R	P	N	G	E	E	R	A	S	R
A	E	L	E	R	T	U	B	S	B	R	I	G	H	T	A	E	E	S	D
T	E	L	B	I	S	I	V	M	E	A	G	Y	I	E	L	D	A	O	
E	P	D	T	R	A	C	K	S	A	Z	A	A	N	L	C	I	A	O	
M	R	R	A	L	A	C	Y	R	E	A	R	W	M	A	R	L	R	O	
L	O	I	C	O	H	C	Y	R	A	F	T	N	E	O	L	T	R	I	
H	E	D	K	E	N	R	L	D	A	O	A	G	V	T	U	I	E	L	
R	C	W	L	K	E	N	R	H	A	S	Y	E	E	H	E	U	F	I	
A	T	A	A	A	G	N	T	A	S	L	E	B	E	R	I	C	E	R	
C	S	Y	W	I	A	N	S	F	G	A	L	E	D	I	C	T	N	E	
D	E	S	S	R	S	P	D	E	E	O	I	B	L	U	C	I	A	N	
E	K	A	S	T	P	A	R	C	N	L	S	S	H	A	I	F	O	L	
R	A	F	O	S	O	S	C	H	A	I	N	E	D	P	A	I	A	L	
A	B	T	C	J	S	O	T	F	I	H	S	R	E	U	A	F	N	E	
P	E	Y	E	C	C	O	N	T	A	C	T	Y	Z	T	J	R	A	K	
E	V	I	T	C	E	L	F	E	R	S	S	E	R	I	T	Q	H	I	

- BICYCLE

BIKE LANE

BRAKES

CROSSWALK

EYE CONTACT

FUN

HAND SIGNAL

HELMET
- INTERSECTION

LIGHTS

PARKED CAR

PREDICTABLE

RAILROAD

REFLECTIVE

RIGHT OF WAY

RULES OF THE ROAD
- SAFETY

SIGNAL

STOP SIGN

TRAFFIC

TRAIN

VISIBLE

WHEEL

YIELD

Answers on Page 8

### Can you find all 13?

Pretend you are the person riding the bicycle at the bottom of the picture. Can you see all the things that could cause you to have a crash? There are 13 hazards in this drawing. Can you find them all?

Answers on Page 8