

SAFETY - BICYCLE SAFETY:

Bicycling is a healthy and fun activity. Before you ride, be sure to know your town's regulations about bicycle riding. Always teach your children safe bicycle riding tips and set good examples for them by observing bicycle safety rules. Many of the following tips also are important for skateboarders, scooter riders, and in-line skaters.

1. A helmet is the most important piece of bicycle safety equipment. Make sure that the helmet fits properly and keep it fastened. The helmet, which should be approved by a testing organization, should sit level on your head and not worn tilted backwards or forwards. Always wear the helmet, not only for your own protection, but it sets a good example for your children also. Skateboarders, scooter riders, and in-line skaters should wear helmets too.
2. Additional padding like elbow, wrist, and kneepads can also prevent injury.
3. Be sure the bicycle is the correct size for the rider. Bike shops can help you pick out the appropriate size.
4. Before you ride your bike, inspect the brakes and other parts of the bike such as the gear shifts, reflectors, tires, etc. Do the same for your family's bicycles.
5. Wear bright clothing when riding and place reflectors on your bike.
6. Do not wear loose pants that could get caught in a bike chain. Do not leave your shoelaces untied for the same reason.
7. Do not wear headphones because the music could prevent you from hearing a car horn blowing to warn you of danger.
8. Drink plenty of fluids and carry a water bottle in a carrier on your bike.
9. Remember that you must obey traffic rules and signals.
10. Ride in a bike lane if it is available.
11. Do not ride on the street when room is minimal.
12. Ride during daylight hours.
13. Use appropriate hand signals for stopping or turning.
14. Ride single file close to the curb in the same direction as traffic.
15. Only one person should be on a bike, not counting a child seat.
16. Hold onto the handlebars all the time.
17. Never ride on or with a moving car.
18. Do not ride skateboards, scooters, or in-line skates in traffic.