

BEFORE YOU HOP ON YOUR BIKE...

PUT ON YOUR HELMET AND MAKE SURE THE CHIN STRAP IS SECURE

It is important to wear a helmet EVERY time you ride a bike

CHECK YOUR TIRE PRESSURE. YOUR TIRES SHOULD BE FULLY INFLATED.

Having the correct tire pressure can prevent accidents. If your tires are too flat, your wheels won't react to your commands as quickly, and it will be harder for you to control your bike.

BE SURE YOU HAVE VISIBLE REFLECTORS AND/OR LIGHTS – ESPECIALLY IF YOU ARE RIDING AT NIGHT.

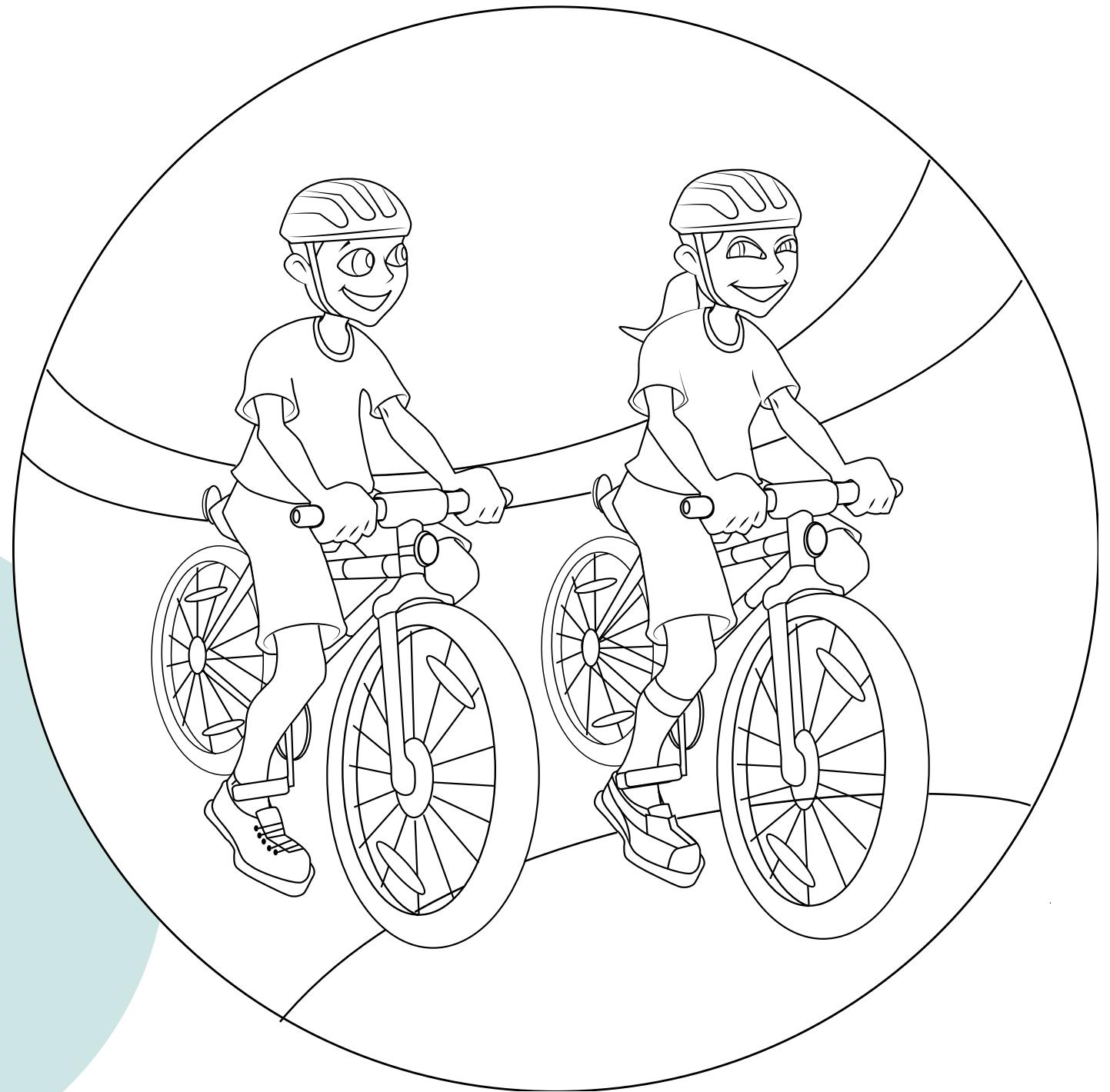
Always be seen! you should have lights and reflectors on the front and back of your bike. The one on the back should be red (just like the tail lights on cars), and the one on the front should be white (just like the headlights on cars). Reflectors in the spokes on each tire are a good idea, too. Can you find all the lights and reflectors on these bikes?

BE SURE YOU HAVE A HORN OR BELL ON YOUR BIKE.

Bikes must be equipped with a horn or a bell that can be heard up to 100 feet away.

REMEMBER... ONLY ONE RIDER PER SEAT.

It is against the law to have more than one person for each regular seat on a bike. It is also very unsafe.



USING HAND SIGNALS

Bicyclists should know how to use hand signals to let drivers and other cyclists know what you are planning to do. There are three main hand signals you should use every time you make a turn or stop.

LEFT TURN

If you want to turn left, put your left arm straight out like you are pointing in the direction you are turning.

RIGHT TURN

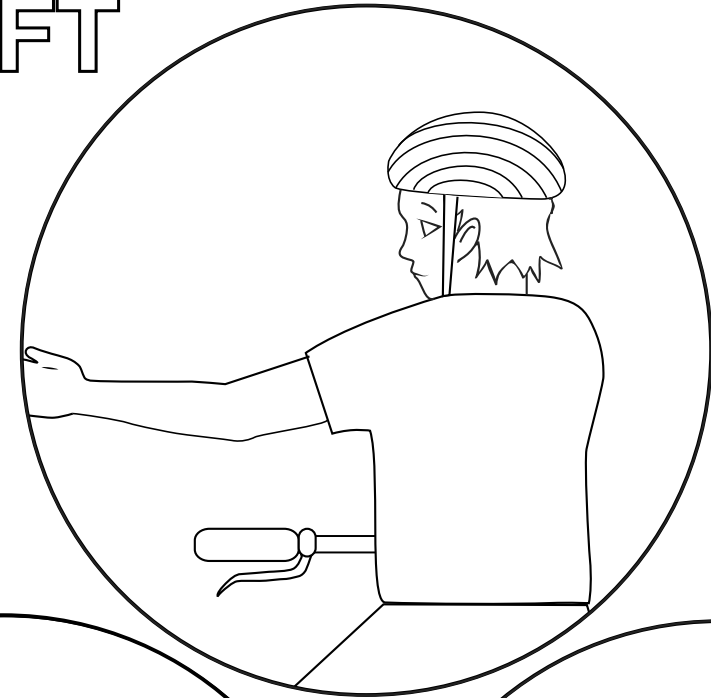
If you want to turn right, bend your left arm 90 degrees so your hand is pointing up.

STOP OR SLOW

If you plan to stop or slow down, bend your left arm 90 degrees so your hand is pointing down. You don't have brake lights like cars and motorcycles do, so be sure to use this signal every time you slow down or stop.

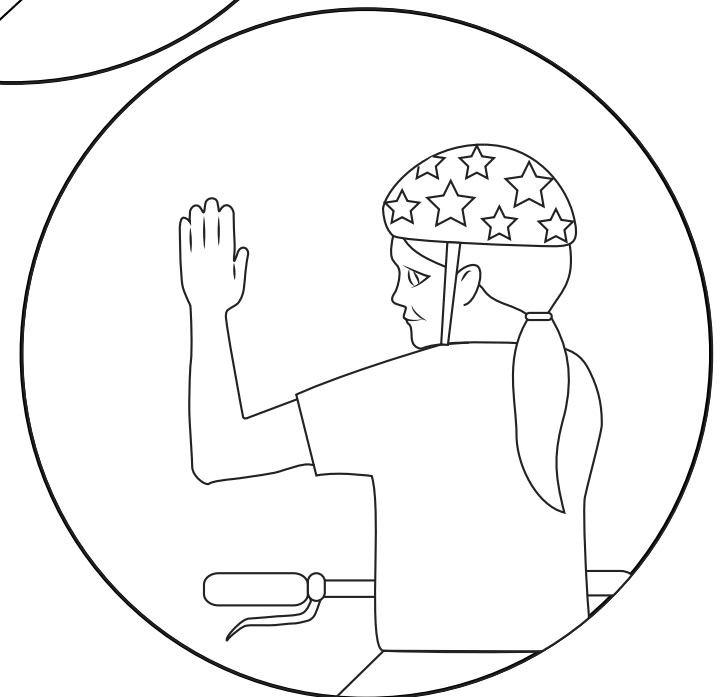
YOU SHOULD SIGNAL AT LEAST 200 FEET BEFORE MAKING YOUR TURN OR STOPPING IN ORDER TO GIVE PEOPLE ENOUGH TIME TO NOTICE AND REACT. 200 FEET IS ABOUT THE LENGTH OF TWO BASKETBALL COURTS.

LEFT



RIGHT

STOP



BIKE LANES & SYMBOLS

WHAT'S THE DIFFERENCE?

There are many types of symbols used to show where the bike lanes are and how they are to be used. The ones shown here are painted on the road. Pay attention to these symbols when you see them.

REGULAR BIKE LANES (far right, top)

Bike lanes were created to make cyclists feel safer and separate them from motorized vehicles on the road.

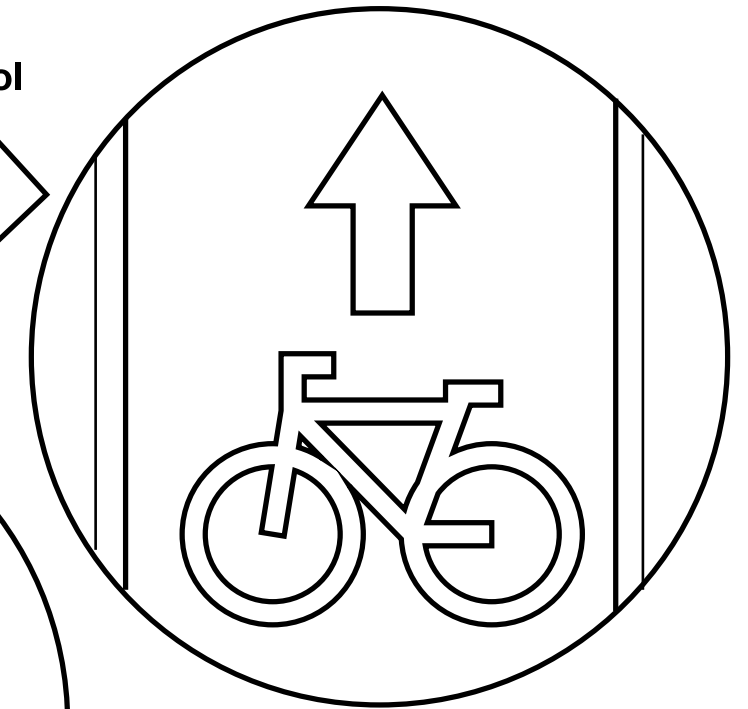
DESIGNATED BIKE LANES (right)

Some bike lanes are narrower than regular car lanes, and have a diamond shape painted in them. This means they are designated for bikes only. Cars cannot drive in them or park against the curb next to them.

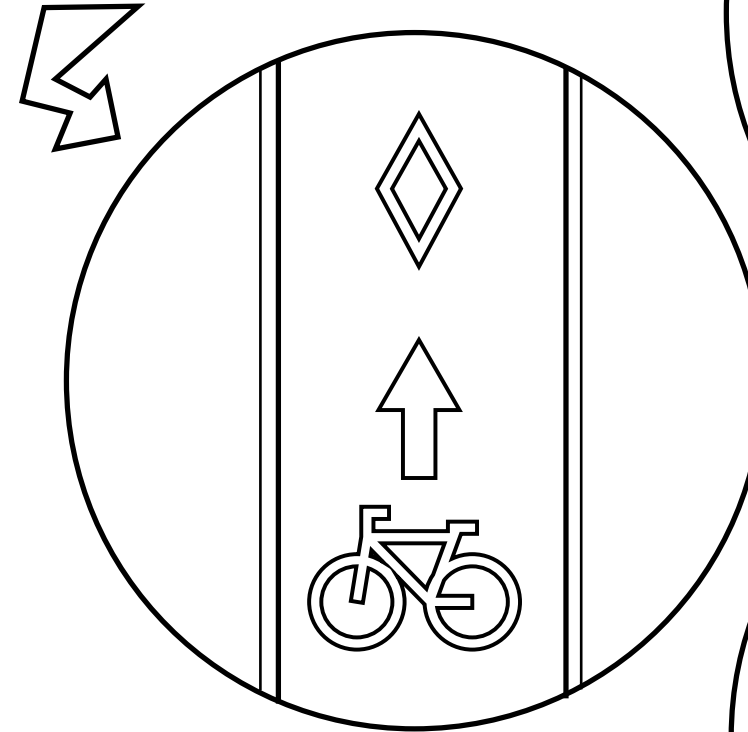
SHARROWS (far right, bottom)

“Sharrow” is the name for the symbol shown on the upper right. It means that both cars and bikes must share the lane with each other. The lane will look like a regular car lane, except it will have this symbol painted on it.

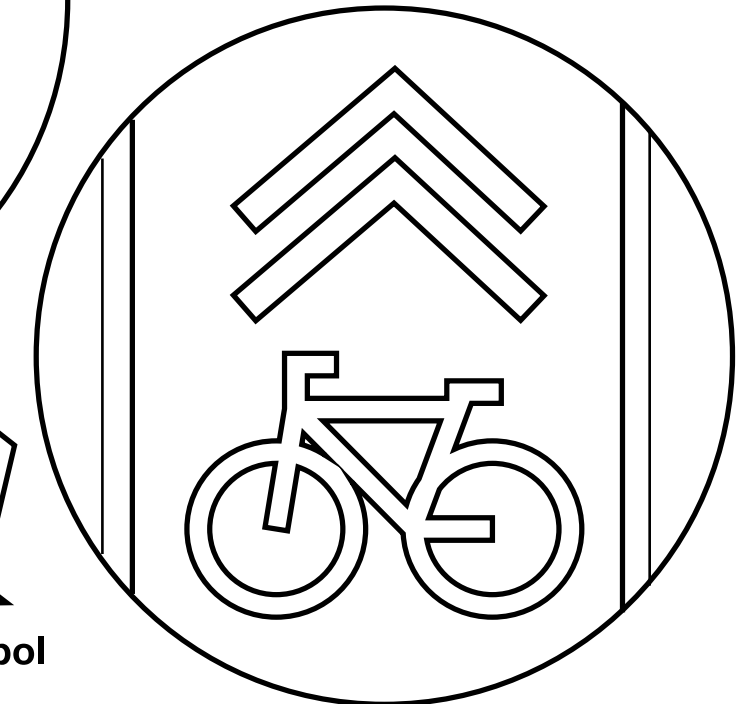
‘Regular Bike Lane’ symbol



‘Designated Bike Lane’ symbol



“Sharrow” symbol



RIDING IN TRAFFIC

As a cyclist, you have to follow the same rules as cars do. That means you need to stop at every stop sign and light, and obey all traffic rules. Below are some of the most important things to remember about riding in traffic.

RIDE WITH TRAFFIC

You must ride WITH traffic, in the same direction, and on the right side of the road.

YIELD TO PEDESTRIANS

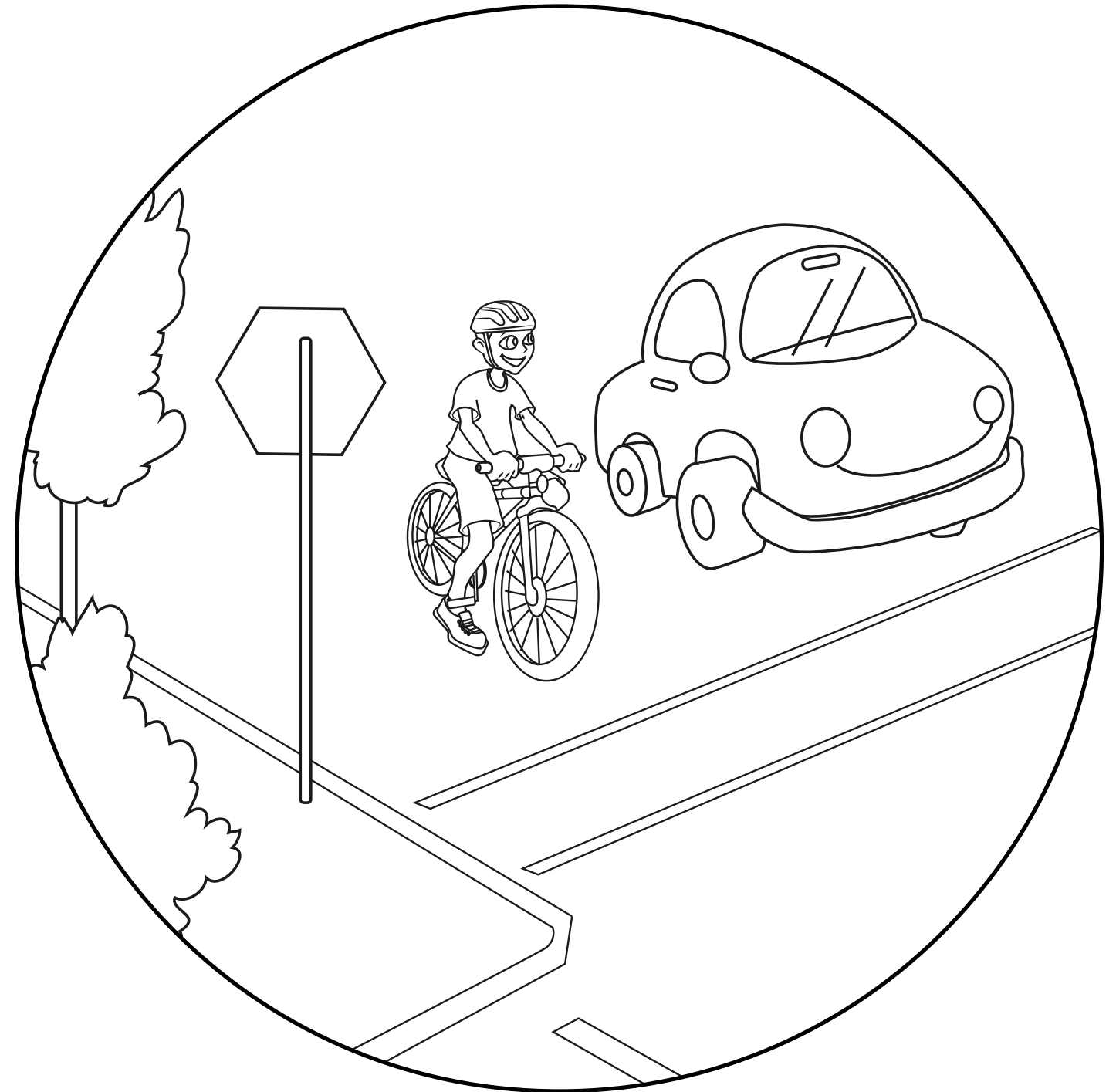
Be sure to yield to pedestrians in crosswalks. This means you must let them go first and not cut them off.

ALWAYS BE AWARE

Be aware of your surroundings at all times, looking both ways when at an intersection.

RIDE SAFELY

It is important to keep your eyes on the road, and both hands on your handlebars if you are not signaling. Do not weave in and out of traffic or ride erratically. The more predictable you are, the less chance you will be in an accident.



CARS AND TRUCKS HAVE RULES, TOO

Obviously, drivers of motorized vehicles have to obey all traffic laws—but they also have some special things to remember when it comes to sharing the road with cyclists.

PASS WITH CARE

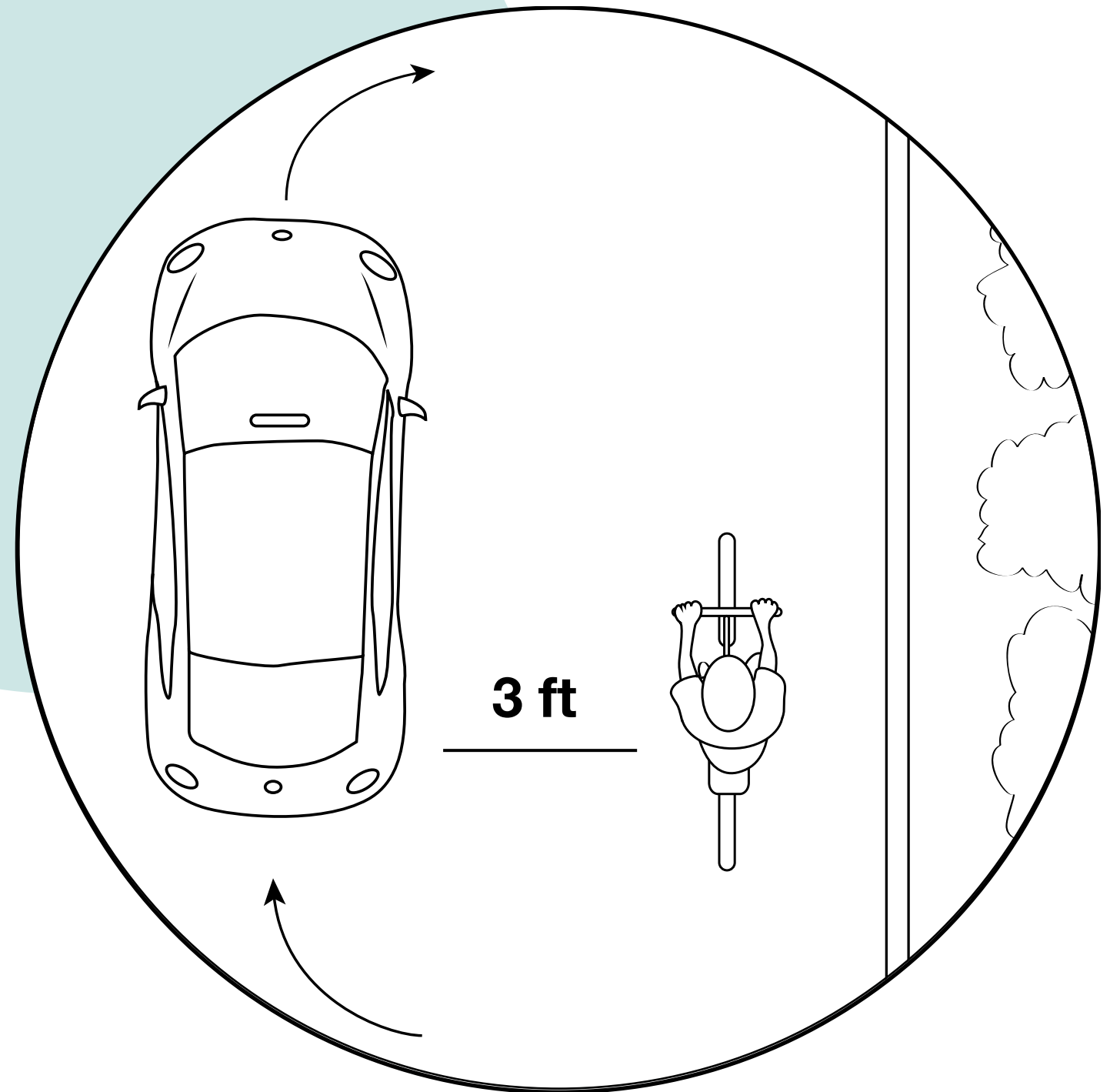
When a driver wants to pass a person on a bicycle, they must only do so if there is no on-coming traffic and only if it is safe and legal to pass. They must also give the cyclist at least 3 feet of space when they pass. You can see how this may look in the picture on the right.

LOOK BEHIND YOU

Also, when a car is parked next to the bike lane, it is important for every passenger to look behind them before opening the car door so they don't hurt a cyclist who might be riding in the bike lane.

BE PATIENT AND RESPECTFUL

Drivers and passengers of cars should treat cyclists with respect, give them plenty of space, and be patient. Cyclists might not be able to go as fast as cars, but they are trying to get somewhere, too. Remember, they are doing good things for the environment and causing less damage to the streets than cars and trucks.



CYCLING IS GOOD FOR YOU... AND THE ENVIRONMENT, TOO!

A GREAT WAY TO EXERCISE

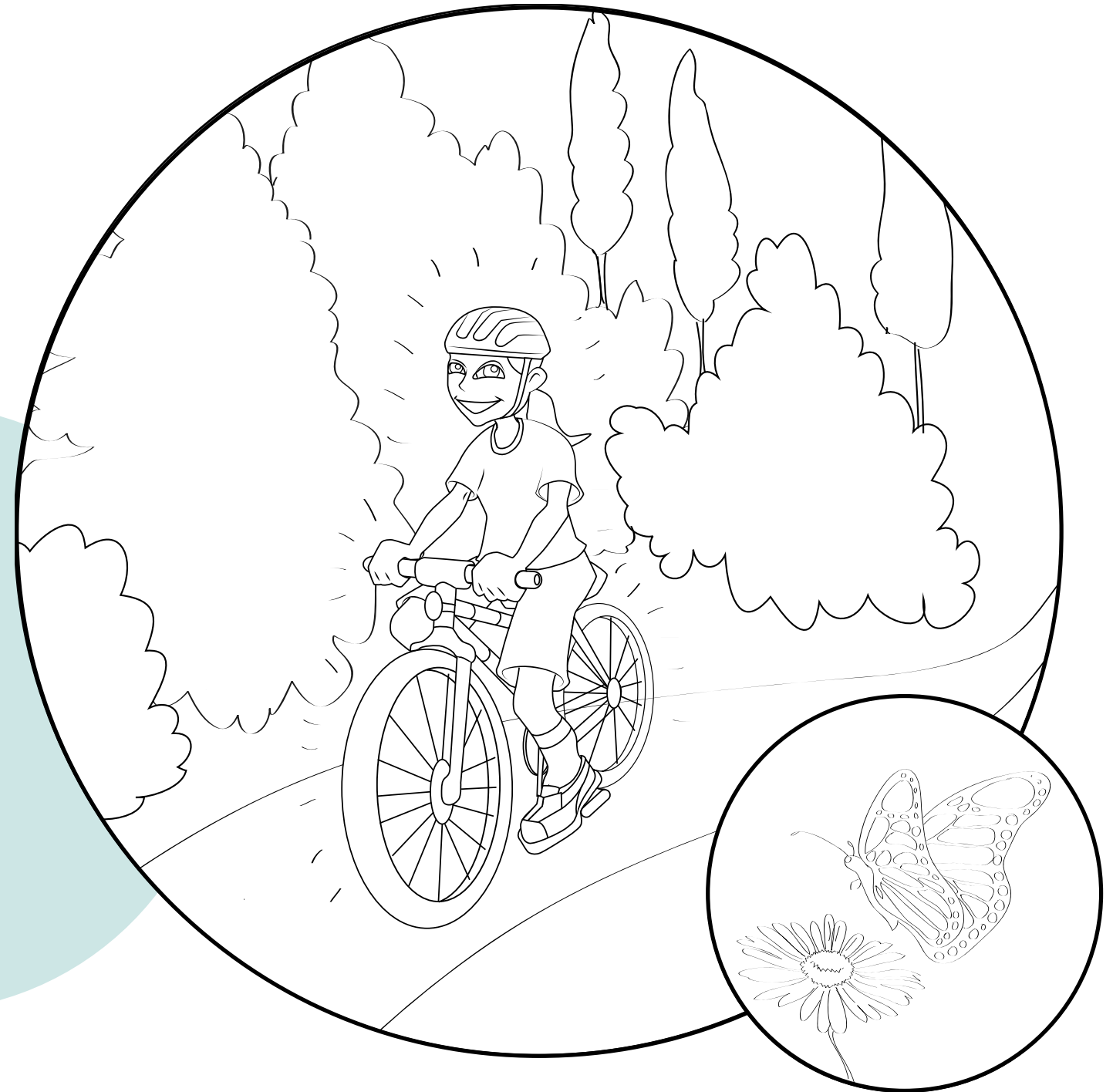
Cycling is a great way to get some exercise. It is very important to exercise because it helps you live a longer, healthier life. It is much more fun to be healthy than unhealthy.

CLEAN AIR IS HEALTHY AIR

Cycling actually makes you healthier in more than one way. Exercise is important, but so is having clean air to breathe! Most cars pollute the air by burning the fuel they need to make them go. Bikes, however, are powered by YOU, and you do not put harmful chemicals into the air for us to breathe.

GOING PLACES

Cycling isn't just for recreation. Many people use bikes instead of cars to get to the store, to work, or almost anywhere they want to go. It is a great way to get some exercise, help the environment, and get where you need to be—all at once! Never stop cycling!



CROSSWORD PUZZLE

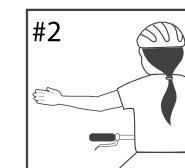
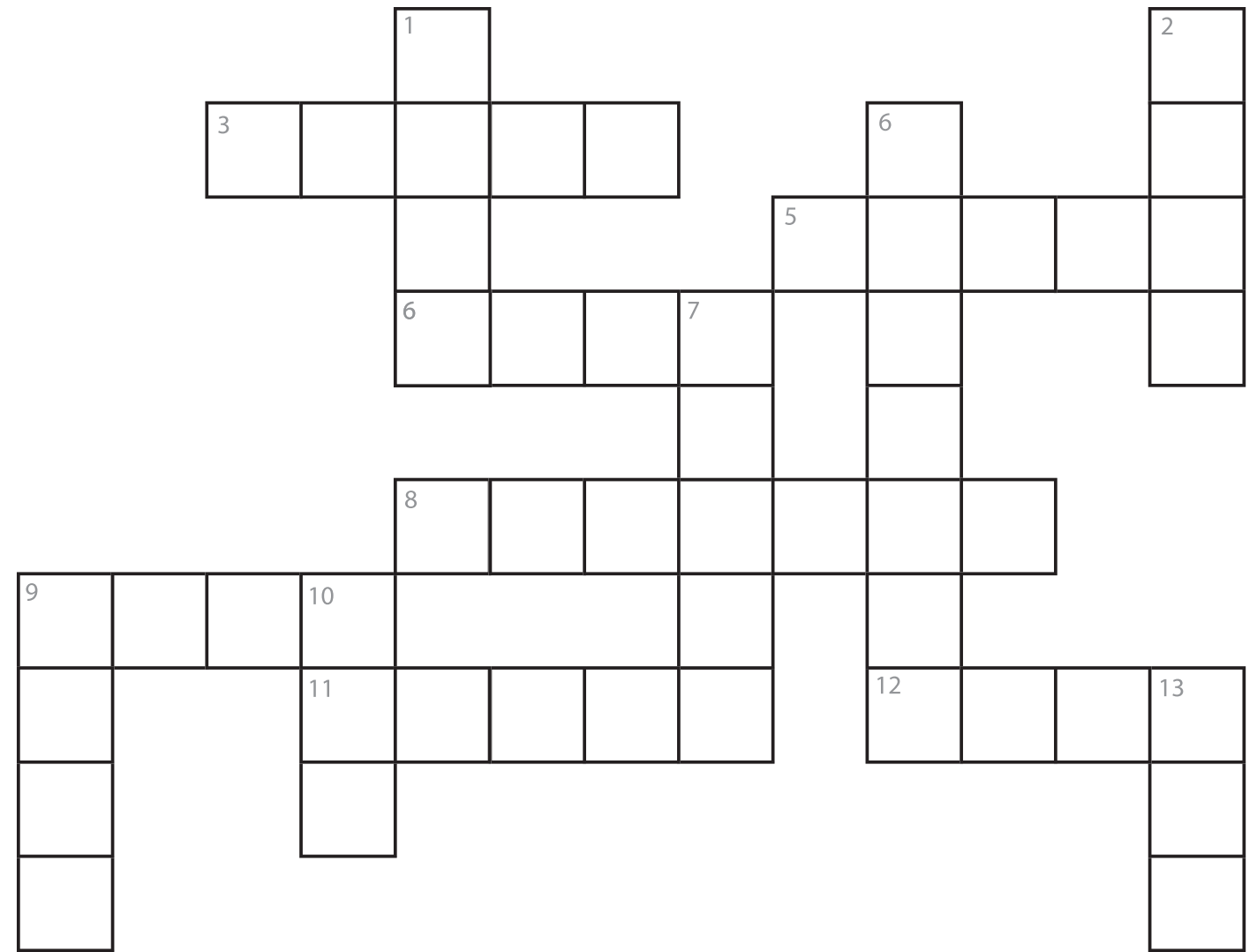
TEST YOUR KNOWLEDGE!

ACROSS

3. _____ to pedestrians.
5. The hand signal shown in picture #1.
6. The hand signal shown in picture #2.
8. The name of a symbol that means cars and bikes share the lane.
9. Only one person is allowed to ride for each regular _____ on a bike.
11. The color of the light required for the front of a bicycle.
12. When in a parked car, be careful opening your _____.

DOWN

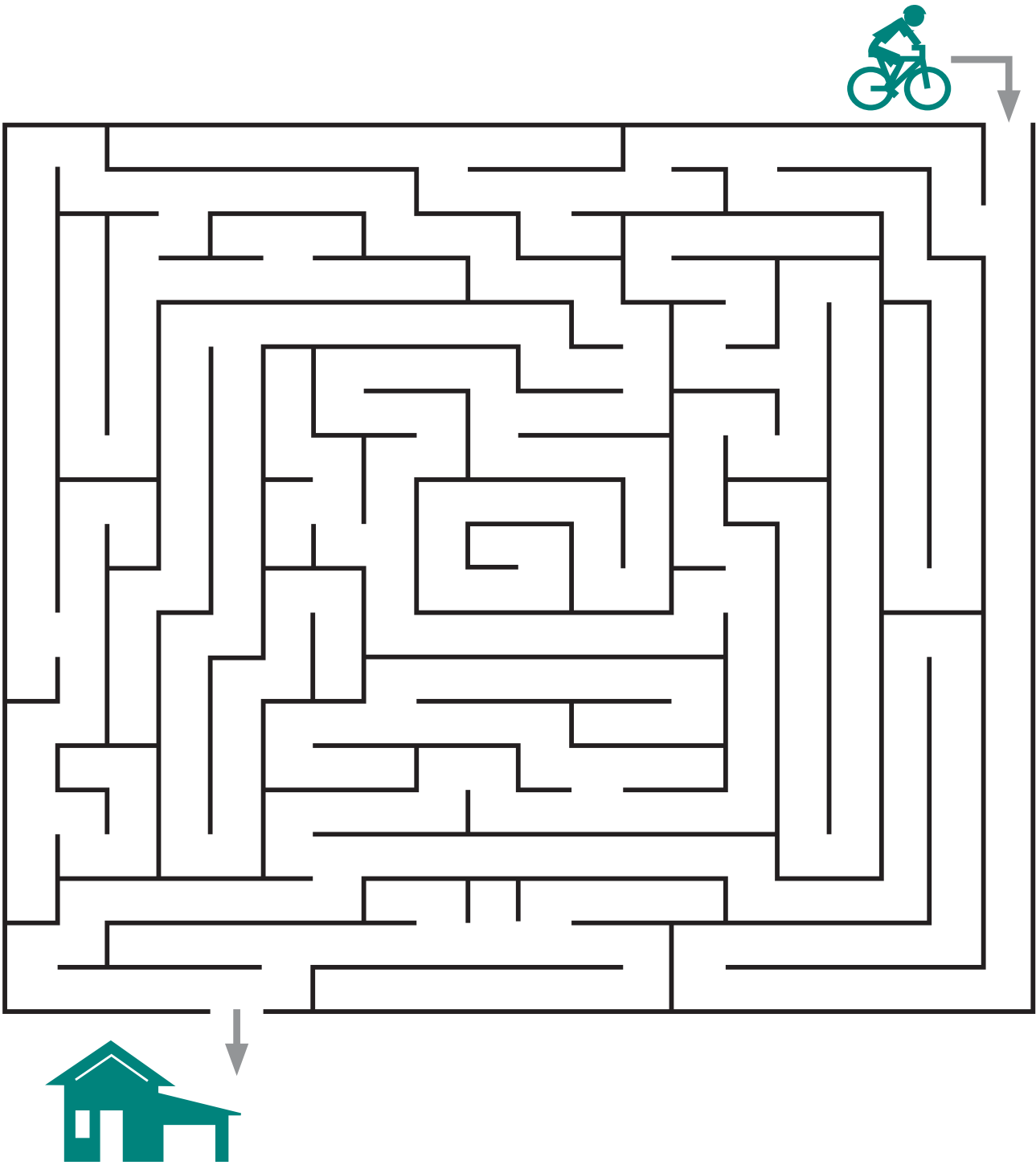
1. Bikes are required to have a horn or _____ attached.
2. Ride _____ traffic.
4. The shape inside a bike lane that means the lane is reserved for bikes only.
7. Drivers must give bikers a _____ foot clearance when passing.
9. The hand signal shown in picture #3. (There are 2 possible answers.)
10. Cyclists should signal at least _____ feet before making a turn.
13. The color of light that is required for the back of a bicycle.



Answers can be found throughout this workbook.

MAZE CRAZE

HELP THIS CYCLIST GET HOME!



MAZE CRAZE

GET TO THE CENTER TO FIND YOUR FRIEND!

