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KIDS ON BIKES

A SAFETY GUIDE FOR KIDS IN NORTHERN CALIFORNIA

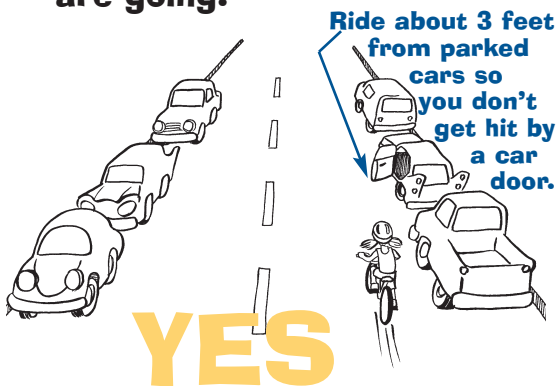


WHERE TO RIDE

WHAT SIDE TO RIDE ON?

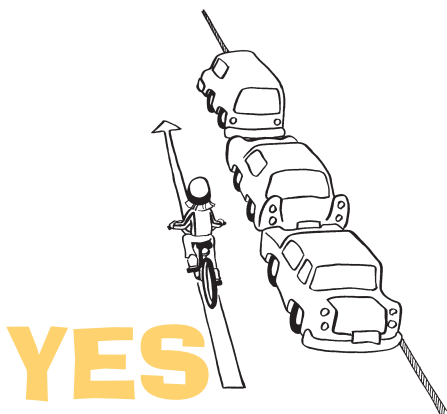
Always ride in the same direction as the cars are going.

Never ride against traffic. It's the easiest way to get hit!



RIDE IN A STRAIGHT LINE

► Ask your parents about the best places to ride.
► If possible, ride on streets that don't have much traffic.

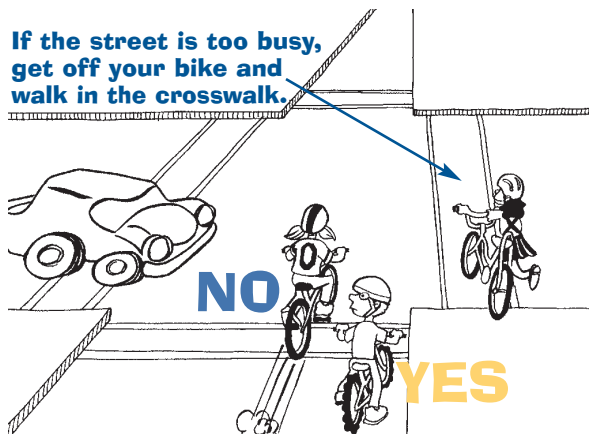


Ride in a straight line. If you do, drivers will know where you're going. Then they'll stay out of your way!

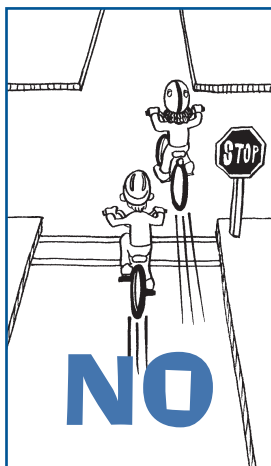
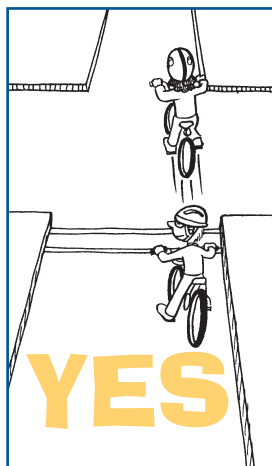
ON STREETS

COMING TO CORNERS

If the street is too busy, get off your bike and walk in the crosswalk.



- 1 Stop or slow down.
- 2 Look **LEFT, RIGHT, LEFT**.
- 3 Obey stop signs and traffic lights.
- 4 Don't go until no cars are coming.



If a friend bikes across a street before you, don't think it's safe for you to go too. Slow down or stop, and look **LEFT, RIGHT, LEFT**.

HELMETS



Always wear a helmet when biking. Make sure it fits snugly!

STOP SIGNS

WHAT DO THEY MEAN?

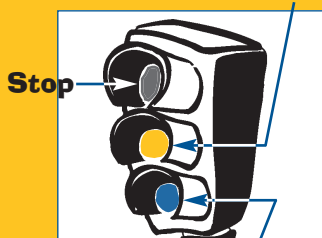


Stop. Look **LEFT, RIGHT, LEFT**. Go when no cars are coming.

TRAFFIC LIGHTS

WHAT DO THEY MEAN?

Get ready to stop



Look **LEFT, RIGHT, LEFT** and go when it's safe

HOW TO LOOK

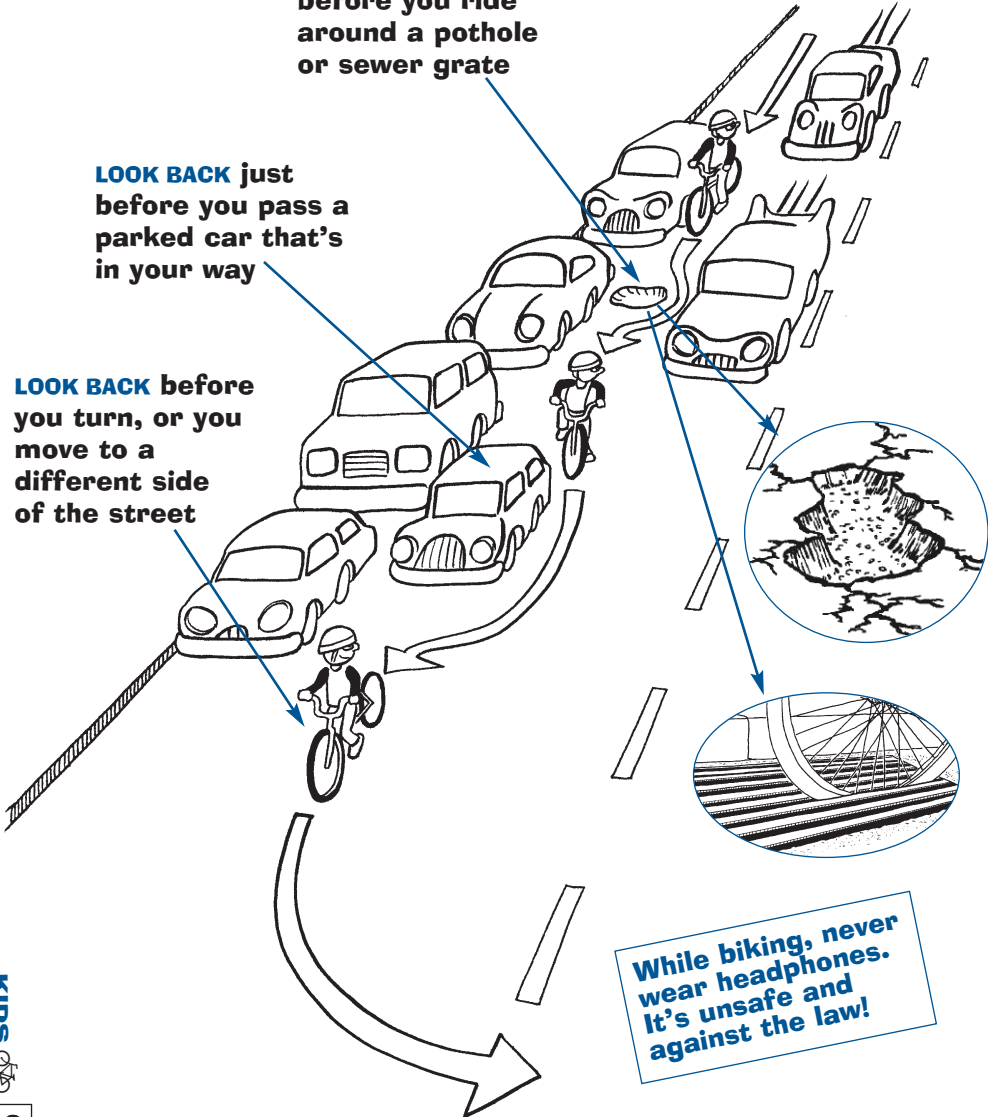
WHY LOOK BACK?

When you ride your bike, sometimes you should look behind you. If you don't, a car might hit you. Here's when to look back.

LOOK BACK just before you ride around a pothole or sewer grate

LOOK BACK just before you pass a parked car that's in your way

LOOK BACK before you turn, or you move to a different side of the street



While biking, never wear headphones. It's unsafe and against the law!

AROUND

LEARNING HOW TO LOOK BACK

- 1 Ride along a straight line. (Find a white stripe in an empty parking lot, or draw one with chalk.)

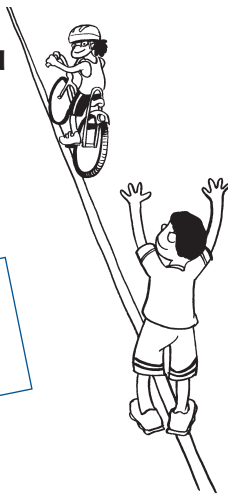


- 2 Turn your head around and look back for a second. Then turn your head forward. Practice until you can do it without wobbling your bike.



Hard to turn your head? Try putting your hand on your leg.

- 3 Ride forward, with a friend standing behind you. They should hold up one or two arms. Look back, and try to count how many arms they're holding up.



Learn to look over one shoulder first. Then practice looking over your other shoulder.

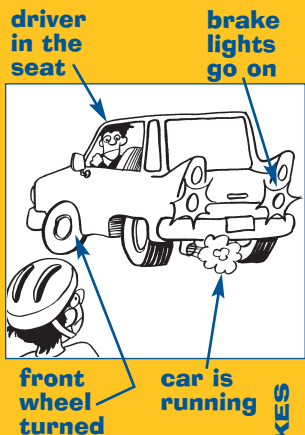
THINGS TO DO WHILE BIKING

1. Always wear a bike helmet.
2. Ride in the same direction as car traffic.
3. Wear bright clothes to be visible.

LOOK OUT FOR PARKED CARS!

Watch out when you pass parked cars in the street. They might start moving or open their doors when you don't expect it.

How to tell if a parked car might start to move:



HOW TO TURN

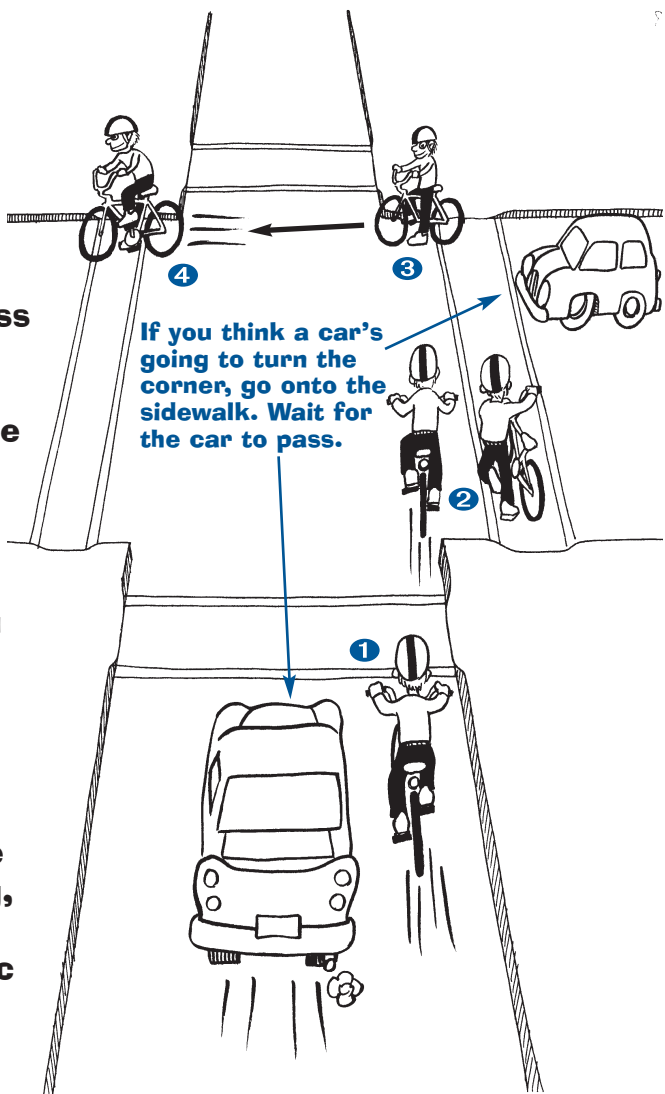
AN EASY WAY TO TURN LEFT

1 Look **LEFT, RIGHT, LEFT** for cars. Stop if any are coming.

2 Walk in the crosswalk, or ride your bike next to the crosswalk. Cross the street.

3 Stop just before you reach the curb. Stand in front of the crosswalk, facing the way you want to go. (If you got off your bike, get back on.)

4 When there are no cars coming, ride on. (If there's a traffic light, wait until it's turned green.)



ON STREETS

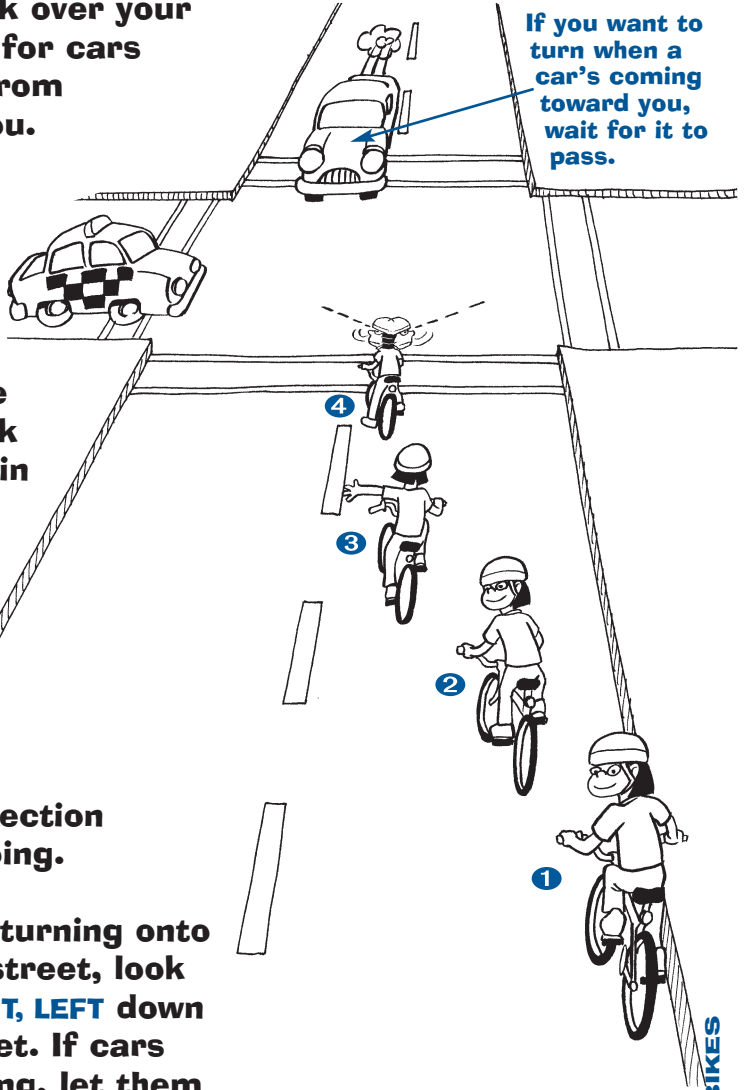
MOVING OR TURNING LEFT LIKE A CAR

① Look back over your shoulder for cars coming from behind you.

② When no cars are coming, move to the middle of the lane. Look back again for cars.

③ If you're turning, point your arm in the direction you're going.

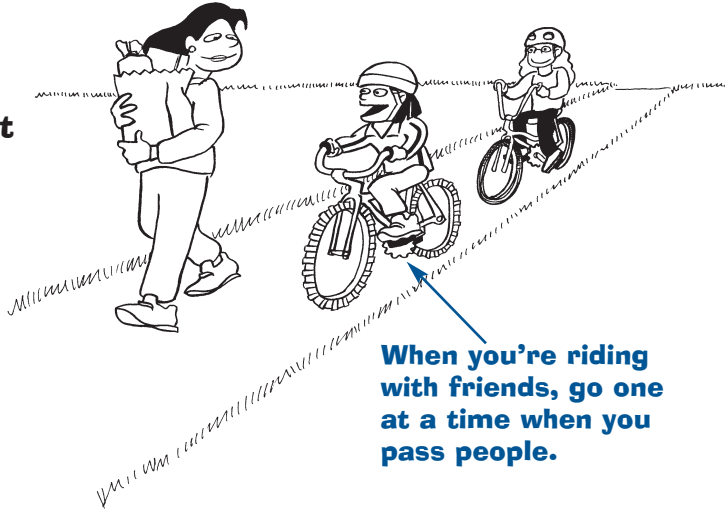
④ If you're turning onto another street, look **LEFT, RIGHT, LEFT** down that street. If cars are coming, let them pass. Then turn.



RIDING ON

GIVE WALKERS A BREAK

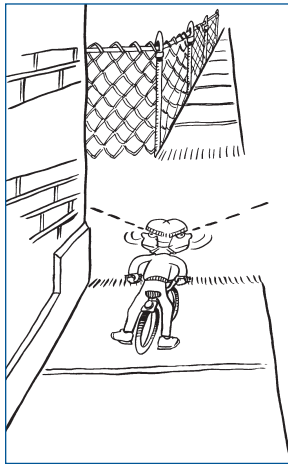
When you ride near people walking, don't surprise them! Slow down, and say "Excuse me!" or use a bell or horn.



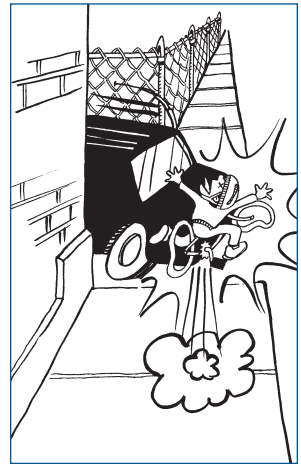
When you're riding with friends, go one at a time when you pass people.

ALLEYS & DRIVEWAYS: LOOK OUT!

Always look **LEFT, RIGHT, LEFT** before an alley or driveway. If it's not easy to see, slow down or stop first.



YES

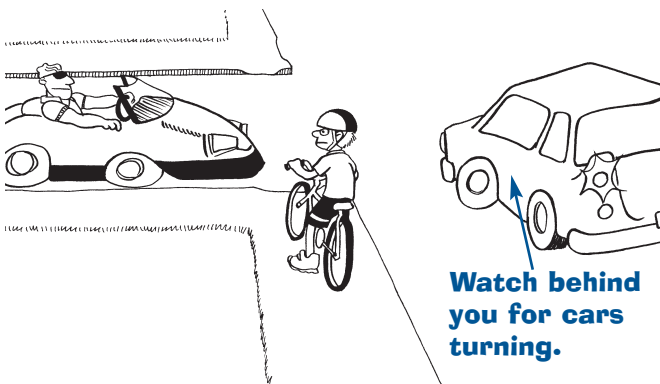


NO

Think you're ready for street riding? See page 1.

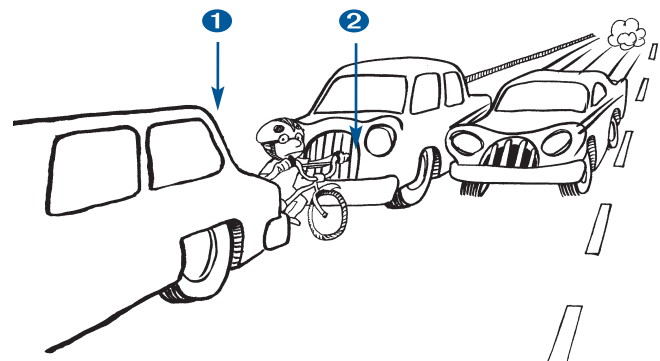
SIDEWALKS

AT CORNERS



Stop and look **LEFT, RIGHT, LEFT** for cars. If a car's stopped at the corner, make sure the driver is waiting for you before you go.

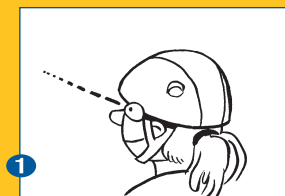
ENTERING A STREET



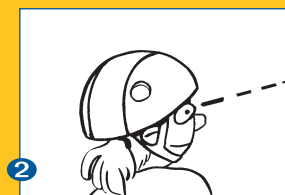
You shouldn't go into a street from the middle of a block. But if you do: **1** Stop at the curb and make sure parked cars aren't about to move. **2** Go to the edge of the parked cars. Before you cross, look **LEFT, RIGHT, LEFT**.

LOOKING LEFT, RIGHT, LEFT

Whenever you look both ways to check for cars:



Look **LEFT**.

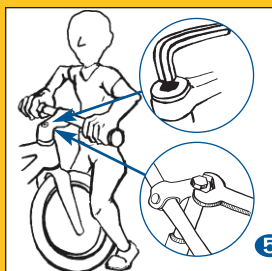
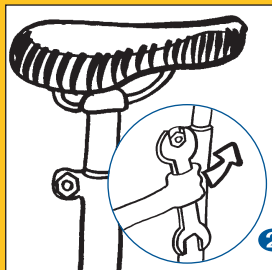
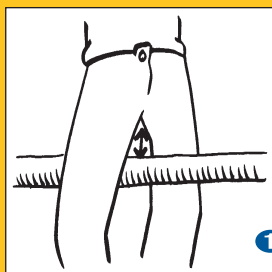


If no cars are coming, look **RIGHT**.



Look **LEFT** again. If no cars are coming, go. But if a car's coming, wait for it to pass. Then look **LEFT, RIGHT, LEFT** again.

FOR PARENTS



IS IT READY TO RIDE?

Before you let your child use a bike, check these items. If you're not sure whether a bike fits or works right, take it to a bike shop.

Frame Height: Check that your child's bike isn't too tall or too short. Have your kid stand with the bike between their legs with feet flat on the ground, just in front of the seat. 1 For a horizontal top tube, there should be one to three inches between the tube and the child's crotch. If the tube's not horizontal, tie string to where the top tube meets the front of the bike. Hold it horizontal to make the measurement.

Seat Height: Ask your child if the seat feels too high or too low. If they're not sure, have them sit on the bike with feet on the pedals. With one pedal in the six o'clock position, their knee should be only slightly bent. But if they're used to a lower seat height, don't raise it too much at once. **How to change the height:** Loosen the seat post nut. 2 Twist the seat to move it. Don't raise it so high that there's less than two inches of the seat post inside the frame.

Coaster Brakes: If your child can pedal backward to apply the rear brake, the bike has coaster brakes. Here's how to check them: While pushing the bike forward with one hand, use your other hand to pedal backward. 3 This should stop the bike.

Hand Brakes: Here's how to check each hand brake: While pushing the bike forward with one hand, use your other hand to squeeze the brake lever. 4 You should be able to stop the bike without squeezing the lever all the way to the handlebar.

Handlebars: Hold the front wheel between your legs. 5 Using moderate pressure, try to turn the handlebars without moving the wheel. If you can turn the handlebars, tighten the stem bolt, using either an allen wrench or crescent wrench.

& TEACHERS

HELMETS

Why kids need helmets: Kids need helmets as much as adults do. No matter how careful they are, they can't control everything around them. Make sure kids wear their helmets snugly—and set an example by wearing yours!

Rating: The inside of the helmet should have a compliance label from the U.S. Consumer Products Safety Commission (CPSC). **6**

Fit: Your child **must** have a snug fit—so that if your kid's head hits more than once, the helmet stays in place. Use the **eyes, ears, mouth** method:

Eyes: When you look up you should see the helmet's front rim—not just the visor, if it has one. (A tilted helmet won't protect your skull in a frontal impact.) If you can't see the rim, tilt the helmet forward until you can. **7** Right **8** Wrong

Ears: Snap the chin buckle closed. On each side of your head, the helmet's two straps should meet under your ear to form a V. If they don't, move the straps up or down through the junction.

Mouth: With the chin buckle closed, open your mouth wide. You should feel the helmet push down on your head. If it doesn't, remove the helmet and make the chin strap shorter by sliding the strap through the buckle.

If you can't keep the helmet from moving around, add thicker inner pads or try a different brand helmet.

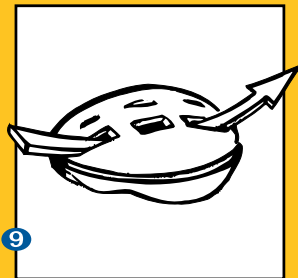
Cost: You can get a good CPSC-rated bike helmet for under \$25. More costly helmets usually aren't safer, but might fit better, have more vents, weigh less, and look cool. (For helmet sources, see the back cover.)

Ventilation: A helmet's ventilation depends on front-to-back air flow. **9** Good air flow comes from long, wide air vents, and air passages (or troughs) between the vents.

Look: Get bright colored helmets to be more visible. You can help your child decorate their helmet with paint or stickers to encourage helmet use. Avoid attachments that stick out—they could catch on something and cause kids to lose their balance.

THIS HELMET COMPLIES WITH U.S. CPSC SAFETY STANDARD FOR BICYCLE HELMETS FOR PERSONS AGE 5 AND OLDER.

6



BICYCLING RESOURCES

Literature and videos

“Get the Big Picture” (video)

AAA Traffic Safety ■ 1000 AAA Drive
Lake Mary FL 32746 ■ 407/444-7000

“Bicycle Skill Tests for Groups and Rodeo Events,” #3282 (booklet)

AAA Traffic Safety (address: see above)

Safety training near you

Humboldt Bay Bicycle Commuters Assoc.

PO Box 9054 ■ Eureka CA 95502-9054
707/445-1097 ■ www.humbike.org

The Association conducts free Bike Smart training programs for kids and adults throughout northern California. It also provides free helmets to those that need them.

League of American Bicyclists

1612 K Street NW, Suite 800
Washington DC 20006 ■ 202/822-1333
bikeleague@bikeleague.org
www.bikeleague.org

The League’s BikeEd program certifies bicycling instructors who teach bike safety to kids throughout the U.S.

Pre-packaged training

“A Kids-Eye View” video for parents

League of American Bicyclists
1612 K Street NW, Suite 800
Washington DC 20006 ■ 202/822-1333
bikeleague@bikeleague.org
www.bikeleague.org/store

“Bike Safety with Bill Nye the Science Guy”

Disney Educational Programs ■ 800/295-5010
105 Terry Dr., Suite 120 ■ Newtown PA 18940
<http://dep.disney.go.com/educational/store>

“Ride Safe Bicycle Rodeo Guide”

Available on-line at the Bicycle Helmet Safety Institute Web site:
www.helmets.org/ridesafe/rswelcom.htm

Bicycle helmets

Bell Sports Cycle Right Program

Route 136 East ■ PO Box 927
Rantoul IL 61866 ■ 800/494-4543 x260
Provides discounted helmets to schools, community groups, police departments.

Bicycle Helmet Safety Institute

4611 7th St. South ■ Arlington VA 22204
703/486-0100 ■ www.helmets.org
Provides information about the latest helmet developments, and why helmets work.

Advocacy

Humboldt Bay Bicycle Commuters Assoc.

See contact info at left.

Humboldt Partnership for Active Living (HumPAL) ■ 707/269-2054

Natural Resources Services Division of
Redwood Community Action Agency
904 G Street ■ Eureka CA 95501

Free copies of this booklet

Humboldt County Dept. of Health & Human Svcs., Public Health Branch ■ 707/268-2132

529 I Street ■ Eureka CA 95501
View this booklet on-line at www.humbike.org

Acknowledgments

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