

## **BIKE SAFETY**

- We have a simple saying “Using your head, wear a helmet”. It’s the single most effective safety device available to reduce head injury and death from bicycle crashes.
- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all lights and stoplights.
- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and going to stop before they cross the road.
- When riding at dusk, dawn or in the evening, be bright and use lights – make sure your bike has reflectors as well. It’s also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility.
- Actively supervise children until you’re comfortable that they are responsible to ride on their own.