

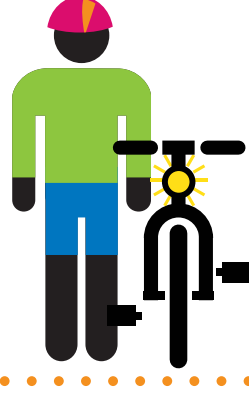
BIKE SAFETY

Safe Riding Tips



Wear a Bike Helmet

See and Be Seen



Use Verbal and Non-Verbal Communication



Check Your Equipment



Watch for and Avoid Road Hazards



Avoid Riding at Night

Rules of the Road

Go with the Traffic Flow



Obey All Traffic Laws



Yield to Traffic



Be Predictable:

Ride in a straight line, not in and out of cars. Signal your moves to others.



Stay Alert At All Times Listen for traffic and avoid dangerous situations; don't use personal electronic devices when you ride.



Look Before Turning

Watch for Parked Cars

avoid the unexpected like doors opening or cars pulling out.



Where to Ride Safely



1. Use bike lanes or bike paths

(if available). A lane or path is a safer choice than riding on a sidewalk.



2. For anyone riding on a sidewalk: Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic especially at driveways and intersections.

3. Watch for vehicles coming out of or turning into driveways.

4. Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.

5. Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.

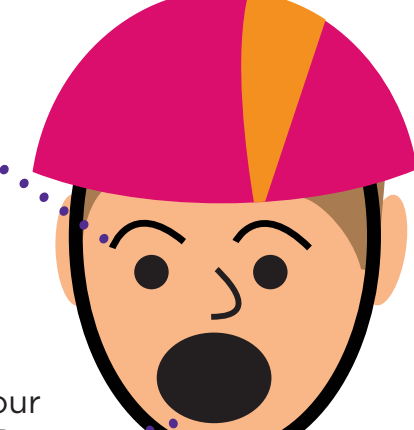
Why Wear a Helmet?

Use the Eyes, Ears and Mouth Test

Helmets can reduce the risk of severe brain injuries by

88%

EYES CHECK Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.



EARS CHECK Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH CHECK Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.

Use Appropriate Helmets for Different Activities Children should always wear a helmet for all wheeled sports activities.



When Skateboarding

and long boarding, make sure your child wears a skateboarding helmet.



Kid Safety Tips



Keep an Eye Out Actively supervise children until you're comfortable that they are responsible to ride on their own.

It Can Be Hard for kids to judge speed and distance of cars until age 10. Limit riding to sidewalks and be careful for vehicles in driveways, parks or bike paths.



Children Should Be Able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.



Model and Teach Good Behavior

Kids learn from watching you, so it's extra important for parents to model proper behavior. Wear a helmet, even if you didn't when you were a kid.



For more information on bicycle safety, visit the NHTSA Web site at: www.nhtsa.gov/Bicycles or www.safekids.org.

For more information on Colorado bicycle laws, go to <http://colobikelaw.com/law.php>.



Rocky Mountain Hospital for Children



Visit our website at www.rockymountainhospitalforchildren.com