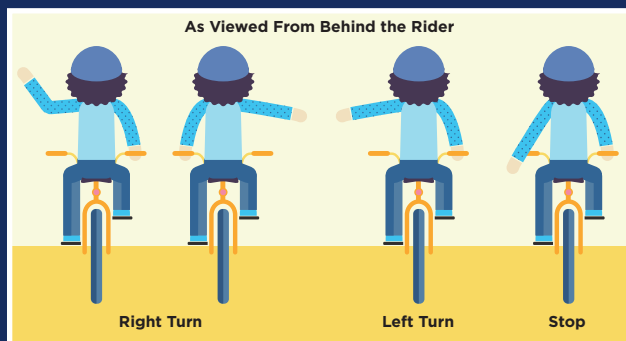


# Always Follow The Rules When Riding Your Bike On The Road

## Be Seen

Equip your bike with reflectors, a white headlight, and a bell or horn. Bright-colored clothing and reflective material help drivers see bicyclists more easily.

## Use Hand Signals To Communicate



## Be Predictable

Travel on the right side of the trail or road with traffic. Ride in a straight line whenever possible and stay a car-door width away from parked vehicles.

## Be Responsible

Obey all traffic signs and signals. Always look left, then right, then left again before entering the roadway and at all intersections. Whether used for fun or travel, a bicycle is subject to Pennsylvania rules and laws.

# Stay Safe & Have Fun

## Practice Your Skills

**Backyard Bike Rodeo** - Now that you've learned how to ride responsibly, practice your skills with fun activities like the Backyard Bike Rodeo Handout that can be found at:

[www.PennDOT.gov/KidsActivities](http://www.PennDOT.gov/KidsActivities)

**Bike Trails** - Many Pennsylvania state parks also offer great places to practice your riding skills. Find a DCNR bike trail near you:

[www.trails.dcnr.pa.gov](http://www.trails.dcnr.pa.gov)

## Learn More

**Fun Activity Sheets** - There are printable puzzles, worksheets, and science newsletters for different age groups at:

[www.PennDOT.gov/KidsActivities](http://www.PennDOT.gov/KidsActivities)

**Always Stay Safe** - The PennDOT website has a section dedicated to a variety of safety topics, including bicycles. Visit today at:

[www.PennDOT.gov/safety](http://www.PennDOT.gov/safety)

**Bicycle ABC Checklist** - Ensure your bike is ready to ride, review the ABC inspection checklist and other safety resources at:

[www.pedbikeinfo.org/bicyclesaferjourney](http://www.pedbikeinfo.org/bicyclesaferjourney)



# Staying Safe: Your Bicycle and You Youth Guidelines



## Fitting Your Bike

Check the boxes to complete the activity:

- To check length, lay your arm along the cross bar with your elbow touching the seat. Your fingertips should just reach the handlebars.
- To check height, straddle the bike. You should be able to easily get your leg over the cross bar.
- To make sure your seat is at the right height, adjust it so when sitting your toes can touch the ground.

## Fitting Your Helmet

Check the boxes to complete the activity:

- Place helmet level on the head. There should be two fingers-width of space between your eyebrows and helmet.
- Adjust the straps so that there is a 'V' shape made by the straps, starting under your ears, up to your helmet.
- Make sure there is about one finger-width of space between your chin and the chin strap.

\*Pennsylvania law requires all children under 12 years of age to wear an approved bicycle helmet.

## Safe Bicycle Rules

- Always wear a properly fitted helmet.
- Ride on the right side of the trail or road, with traffic.
- Obey all traffic signs and signals.
- Slow down when you approach an intersection.
- Look left, look right, look left again, then look over your shoulder before entering the intersection.
- Use proper hand signals when turning to communicate with drivers.
- Wear bright or reflective clothing to help drivers see you.
- Adjust the bicycle to fit you properly.
- Regularly maintain your bike to keep it working smoothly.

# Know Your Bike Before You Ride



**ALWAYS ASSUME THAT THE OTHER DRIVER DOES NOT SEE YOU.**

**Congratulations! You've completed the bicycle safety handout, fill out the license below as proof.**

	Name: _____
	Address: _____
	Make of Bike: _____
	Style: _____
	Serial #: _____
	Color: _____
Helmet: _____	
<b>BICYCLE DRIVER'S LICENSE</b>	
This bicyclist has promised to maintain their bike, wear a helmet, and drive in a safe, courteous, visible and predictable manner.	
_____ Signature	