

## BICYCLE SAFETY CHECKLIST

- Have the proper size bike.** When you sit on the bike, you should be able to touch the ground with both feet. The handlebar should be at the same level as the seat, and your seat should be adjusted so that you have a slight bend in your knees.
- Have the right size helmet.** It should fit snug on your head and sit low on your forehead, about one to two finger-widths above your eyebrow. Adjust straps so that no more than one or two fingers fit under the strap. **WEAR IT BUCKLED EVERY TIME**
- Visually inspect your equipment.** Make sure tires are properly inflated and that the brakes are working.
- Be seen.** Wear bright neon colors in the daytime to make yourself more visible. If possible, avoid riding at night because it is harder for others to see you. Make sure you have lights and reflectors on the front and rear of your bike. Remember, just because you can see the driver doesn't mean the driver can see you.

## Children Riding on Sidewalks

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction. Children less than ten years old, however, are not mature enough to make the decisions necessary to safely ride in the street and are better off riding on the sidewalk.

- ↪ Watch for vehicles exiting or entering driveways.
- ↪ Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing. If you come to a marked crosswalk, walk your bike across to ensure safe crossings.
- ↪ Enter a street at a corner and not between parked cars.
- ↪ Alert pedestrians that you are near or passing or use your bell or horn.

Tips from the National Highway Traffic Safety Administration NHTSA



## RULES OF THE ROAD

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

-  **Go with traffic.** Ride on the right side in the same direction as other vehicles.
-  **Obey traffic laws.** A bicycle is a vehicle and you're a driver when you ride in the street. Obey all traffic signs, signals and lane markings.
-  **Yield.** If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.) you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
-  **Be predictable.** Ride in a straight line, not weaving in and out of cars. Signal your moves to let others know where you are going.
-  **Stay alert at all times using your EYES and EARS.** Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks and other hazards that can cause you to lose control of your bike. Listen for traffic, emergency sirens and other dangerous situations that you need to be aware of. **This means no headphones or earbuds while you're riding.**
-  **Look before turning.** When turning, always look behind you for a break in traffic, then signal before making the turn. Watch out for left or right turning traffic.
-  **Watch for parked cars.** Ride far enough out from the curb to avoid dangerous situations such as doors opening and cars pulling away.

For more information see [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or [coloradosprings.gov/bike](http://coloradosprings.gov/bike)