

Be A Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to “drive” your bike?

[Riding your bike is just like driving a car - there are rules for bike driving.]

1 Wear Your Helmet the Right Way



The Right Way



Too Far Back



Too Far Forward

It's the law in NH to wear a helmet correctly if you are under 16. Do the "Eyes, Ears, Mouth Test"

First put on your helmet so it is level and snug — if it slides around, you need to insert thicker pads.

- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows.
- **EARS** - the straps should meet right under your ear lobes to form a Y.
- **MOUTH** - the strap should be loose enough so you can insert no more than two fingers between the buckle and your skin. It should be tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

2 Dress Bright & Tight for Safety



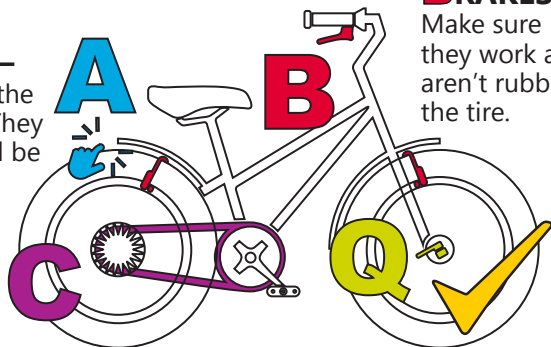
- Wear light or bright-colored clothing so you can be seen.
- Tuck away shoelaces, strings or cords so they don't dangle ~they may get caught in the moving parts of your bike.
- Loose or baggy clothing can also be dangerous~so make sure you wear snug clothes.
- Avoid wearing headphones.
- Never wear flip flops.

3 Check Your Bike for Safety

Check it yourself before biking with the

ABC Quick Check:

AIR – Pinch the tires. They should be hard.



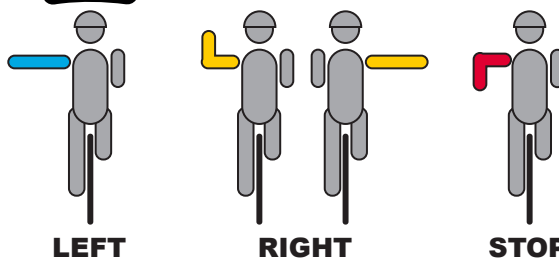
CRANK/CHAIN – If there are problems with your gears or if the chain is loose, take your bike to a bike shop.

QUICK CHECK – Check “quick release levers” and other bolts to make sure they are tight.

Have your bike checked at least once a year at a bike shop.

BRAKES – Make sure they work and aren't rubbing the tire.

4 Obey the Rules of the Road



LEFT

RIGHT

STOP

(Back View of Bike Driver)

- Ride on the right side of the roadway with traffic.
- Use hand signals when turning or stopping.
- Ride single file.
- Obey traffic signs, signals, and laws.
- Ride straight — no surprises!
- Look back and signal before turning.
- Yield to people walking.
- Use lights if riding at night (remember to ask your parents for permission).
- Always stop at the end of your driveway — look left, right, then left again before entering the road.
- Feel unsafe? You can always walk your bike.

When we all drive safely and follow the rules of the road, it is easy to be safe and have fun!