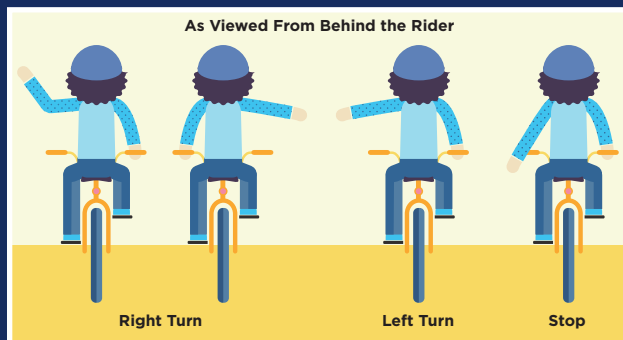


Always Follow The Rules When Riding Your Bike On The Road

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

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

Learn More

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

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

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

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: _____
BICYCLE DRIVER'S LICENSE	This bicyclist has promised to maintain their bike, wear a helmet, and drive in a safe, courteous, visible and predictable manner.
	_____ Signature