

Name: _____

Be a ROLL model!



BIKE SAFETY
ACTIVITY BOOK

HEADS UP KIDS

DID YOU KNOW
THAT YOUR
BRAIN
CAN GET HURT?



A hit to the head can hurt **your brain**. When your brain gets hurt, you might get a headache or feel:

- Sick to your stomach
- Dizzy
- Tired
- Grumpy



If this happens, you might have a brain injury called a **CONCUSSION**.

A **CONCUSSION** FEELS DIFFERENT TO EACH PERSON SO TELL AN ADULT HOW YOU FEEL.

TO HELP KEEP YOUR BRAIN SAFE:



Always **wear your helmet** when riding your bike.



Always **buckle up** when in the car.



Play safe and avoid hits to the head when playing sports.

If you hit your head and don't feel well, **TELL A GROWN UP** about it!

Questions?

- Who should wear a helmet?
- Where and when should a helmet be worn?



Answers!

- Everyone. Every time. Everywhere.



Kids in
bike carriers
and trailers



*Children under 1 year of age should not ride in any type of bike carrier. To do so safely, they need a helmet and often times their neck is not strong enough to support one before this age.

Does your helmet fit properly?

Take the Helmet Fit Test

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

Bike Safety – Rules of the Road

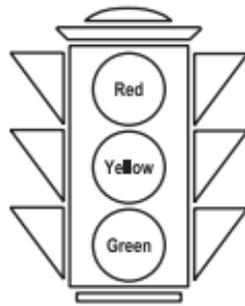
- Wear a helmet!
- Bicycles have all the rights and responsibilities of a vehicle on the roadway and must obey traffic laws, signs and lights. Use hand signals and follow the rules of the road.
- Ride on a bike trail or the sidewalk when you can. If not, ride single file in the same direction as traffic as far on the right-hand side of the road as possible.
- Stop and look both ways before entering a street.
- Walk your bike across busy intersections.
- When turning left or right, always look behind you for a break in traffic. Yield to other vehicles and signal before turning or stopping.
- Watch out for parked cars and cars pulling out of driveways.
- Stay alert and watch out for hazards such as potholes, railroad tracks or anything else that could make you lose control of your bike.
- Be safe, be seen. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen by others.
- A bike should not carry more people than it was designed for, such as on the handlebars, rear fenders or pegs. One seat, one rider.
- A bike ride should not hang onto a car or let someone pull them with a vehicle.
- Be predictable by making sure you ride in a straight line and don't swerve between cars.



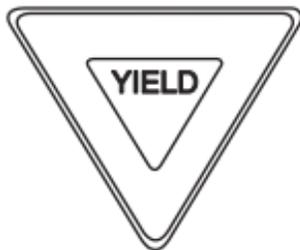
Road Signs



When you see a STOP sign, you must come to a complete stop. Remember, the rules for cars are the same as for people on bikes.



This is a STOP LIGHT. When the light is red, come to a stop and wait for it to turn green. DO NOT cross the intersection until the light is green. When the light is yellow, it means it is about to turn red. Come to a stop if the light turns yellow before you come to the intersection. When the light is green, you can cross the intersection after looking both ways for vehicles or pedestrians.



This sign is the YIELD sign. This means that the cars on your left or right do not have to stop for you. You must give them the right-of-way.



This is a ONE WAY sign. This means that the traffic goes only in the direction of the arrow. DO NOT go the wrong way on one way streets.



The DO NOT ENTER and WRONG WAY signs mean that you cannot enter a street in the direction facing these signs.



These two signs show that there is a RAILROAD crossing ahead. Look both ways for trains and NEVER try to get across the tracks in front of a train.



This is a PEDESTRIAN sign. It simply tells you that there may be people crossing the street ahead. Give the people the right-of-way.



BICYCLE SAFETY TIP:

Loose clothing or untied shoe laces can easily catch in pedals, chains, or wheels.

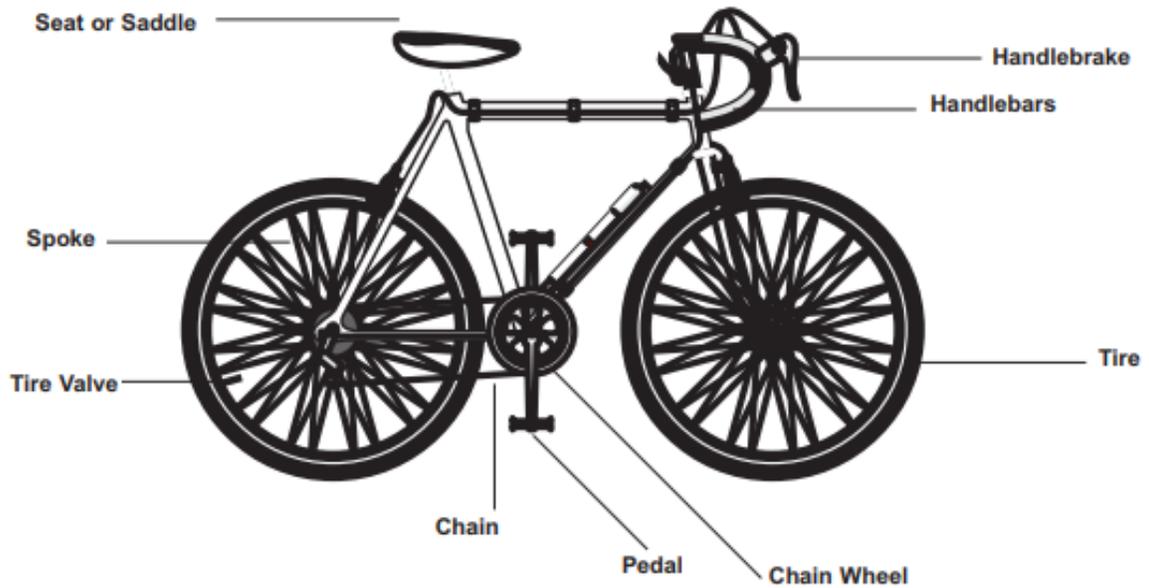


Hand Signals

So far, you may have only been a passenger or pedestrian, but it is important to let other drivers know if you are stopping or turning. Now that you are driving your first vehicle (your bicycle), it's time to learn some of the rules of the road for communicating with other road users. This handout discusses how to let other road users know that you intend to turn or stop. While drivers of motorized vehicles use their blinkers or backup lights to communicate, as a driver of a bicycle, you will do this with hand signals.

Front View	Hand Signal	Back View
	Left Turn Extend your left arm out sideways with all fingers extended or use your index finger to point left.	
	Right Turn Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.	
	Alternative Right Turn Extend your right arm out straight with all fingers extended or use your index finger to point right.	
	Stopping or Slowing Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.	

Parts of a Bicycle



What I know about bicycle safety:

The **A B C** Quick Check

A is for air:

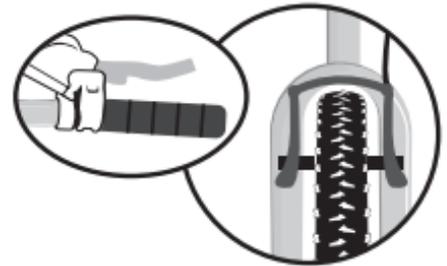
Check the air pressure, spin the wheels and make sure the tires are not worn out.

Make sure the seat is at the right height. You should be able to sit on the seat and your toes should touch the ground.



B is for brakes:

Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.



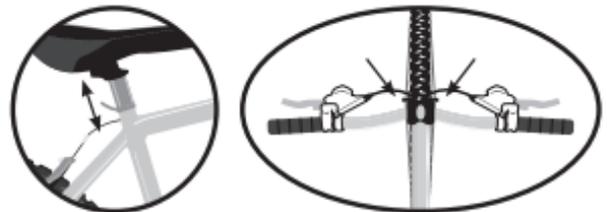
C is for Cranks, Chain, and Cogs:

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears.



Quick Refers to the Quick Release:

Some bikes have quick releases on the wheels or the seat post. Check to make sure they are tight and closed properly.



Check:

Make sure the seat is at the right height. You should be able to sit on the seat and your toes should touch the ground. After making sure the seat and handlebars are tight and the proper height, have the child ride the bicycle around the parking lot and check that everything works well.

Used with permission: League of American Bicyclists

Illustrations: Justin Short and Tom Frinch, used with permission from Bicycle Transportation Alliance (BTA)

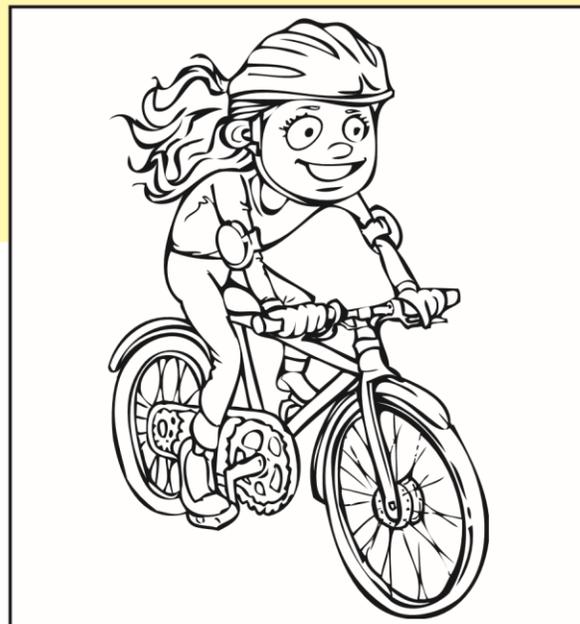
Sara and Her Bike

- Sara always rides her bicycle with her helmet on. She knows that a bike helmet will keep her head and brain safe if she falls.
- Sara always sits down when she rides her bike. She rides in the same direction as traffic.
- She knows that young children should not ride at night.

What else does Sara know?

- She should always put her helmet on before she starts riding her bicycle.
- She knows the helmet should be low on her forehead and two finger widths above her eyebrows. The two sidestraps on both sides of the helmet should make a “V” shape under each ear.
- Sara knows her bicycle fits her because she can put both feet flat on the ground when she sits on the bike seat.
- Sara only rides her bike during the day. She wears brightly colored clothing so drivers can see her.

Look how safe and smart Sara is! She's riding her bicycle with her helmet on.



Color this picture on the next page!



Get to School Safely Maze

Can you find your way through the maze to get to school safely?

START

Be safe! Cross the street at the crosswalk.

Watch for cars when the traffic light changes. Make eye contact with drivers before crossing.

BUS STOP

When you wait for the bus, stand three giant steps away from the curb.

Stop! Look left, right and left again before crossing the street.

Heads Up, Devices Down.

Buckle up every ride, every time.

Wear a properly fitted helmet on every ride.

FINISH

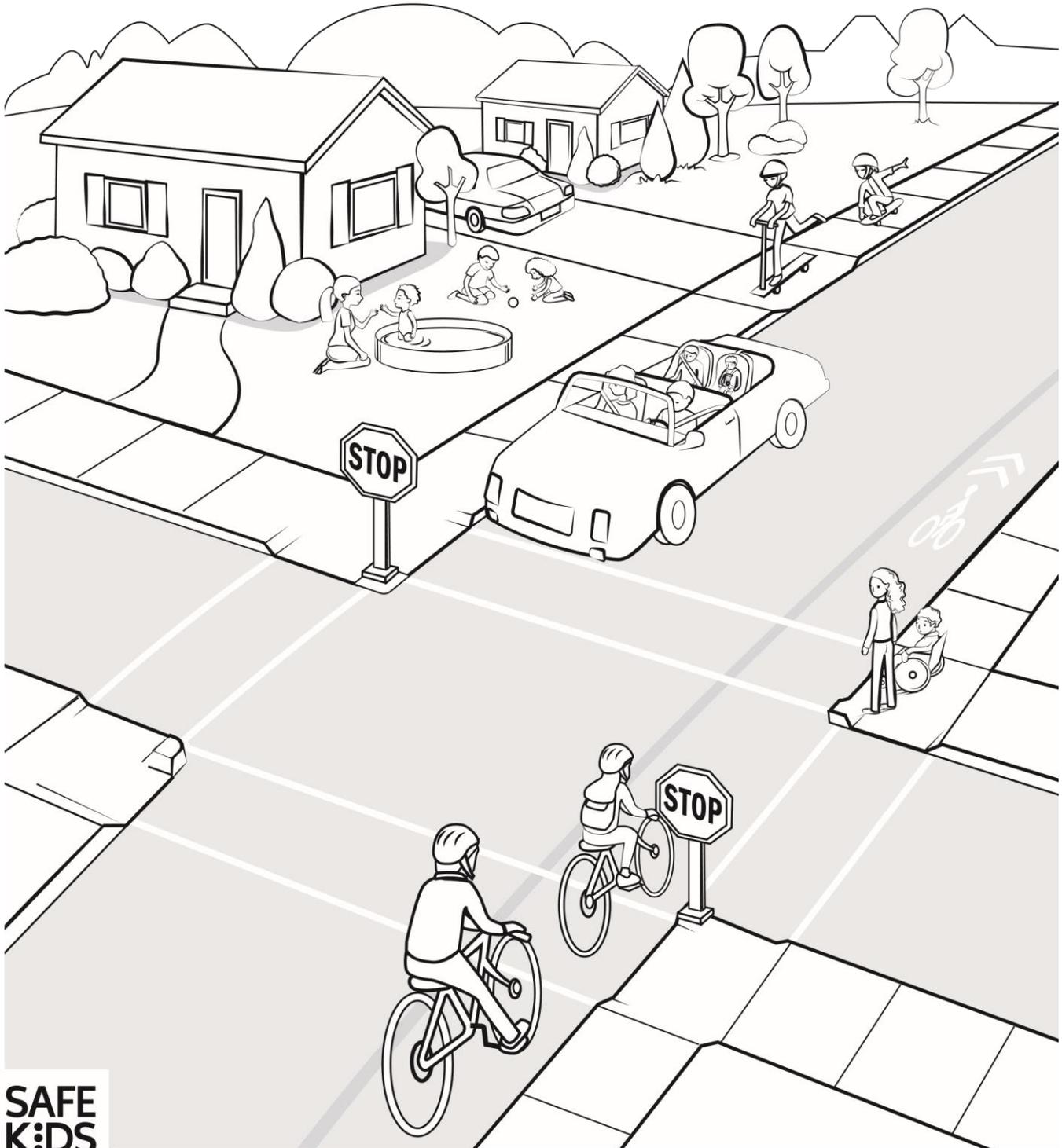
Find the Hazards Below

Circle as many potential hazards as you can before looking at the answer key.



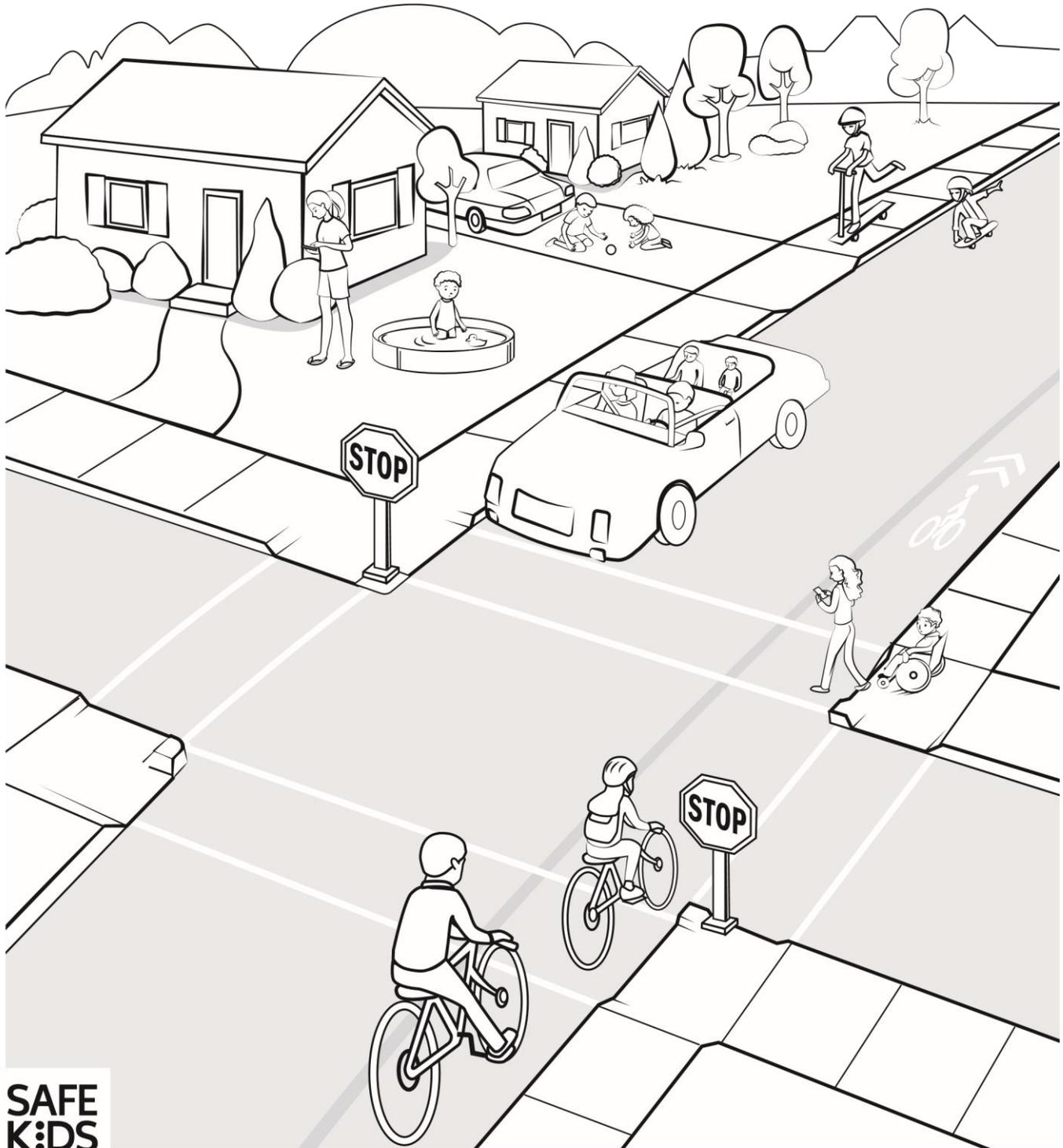
Spot the Differences: What Is Safe?

Circle the 6 things that are safe.



Spot the Differences: What Is Not Safe?

Draw an X over the 6 things that are not safe.





Keeping Kids Safe!

BIKE SAFETY SEARCH

Can you find all 16 hidden words in the puzzle below?

BELL
BICYCLE
BRAKE
CROSSWALK

GEAR
HANDLEBARS
HELMET
HORN

LEFT
PEDAL
RIGHT
SAFETY

SIGNAL
STOP
TIRES
WHEELS

B	P	C	R	I	G	H	T	S	S	M
C	R	O	S	S	W	A	L	K	R	E
H	B	L	T	Q	Z	N	V	F	S	T
E	T	H	G	S	L	D	D	L	I	O
L	B	I	C	Y	C	L	E	L	G	J
M	T	A	T	W	A	E	S	E	N	X
E	F	N	R	O	H	B	B	B	A	O
T	L	G	I	W	A	A	R	A	L	T
R	I	E	D	E	P	R	R	A	E	G
V	H	R	F	M	E	S	D	I	K	H
S	A	F	E	T	Y	E	X	S	S	E
M	K	O	E	S	P	I	N	D	A	R



**SAFE
K:DS**
WORLDWIDE™

www.safekids.org

BIKE SAFETY TIP:

Keep your bicycle in good condition.
A bicycle in poor condition can cause an accident.
Ride single file when riding with a group.

Draw a line from the sign to the correct definition.



Yield Right of Way

Stop



Intersection Ahead

Bike Route



Do Not Enter



School Crosswalk

Two-Way Traffic



Traffic Signal

One-Way Traffic



Railroad Tracks



Pedestrian Crosswalk

Bicycle Safety Quiz



Read each sentence carefully.

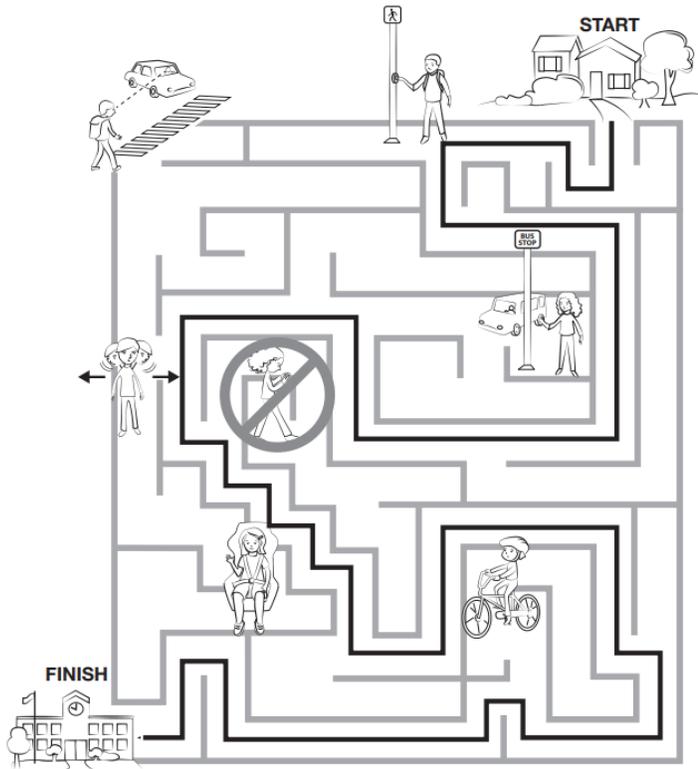
Write "yes" next to each statement that is true.

Write "no" next to each statement that is false.

- _____ 1. When you buy a bicycle, you should get one that is a little big for you, because you will grow into it.
- _____ 2. You only need to wear a bike helmet when you are learning to ride.
- _____ 3. It is dangerous to ride double, play bike games, or perform bicycle stunts.
- _____ 4. Loose clothing can easily catch in pedals, chains, or wheels.
- _____ 5. It is safe to ride a bicycle in poor conditions, if the rider is skilled.
- _____ 6. A bicyclist should ride on the right side of the street.
- _____ 7. A bicyclist should give proper hand signals before turning or stopping.
- _____ 8. A bicyclist may take both hands off the handlebars when he/she is tired.
- _____ 9. A bicyclist should not carry things in his/her hands when riding.
- _____ 10. If a bicycle path or lane is available, a bicyclist should use the path instead of the street.
- _____ 11. Bicyclists should ride single file when riding in groups.

Answer Key

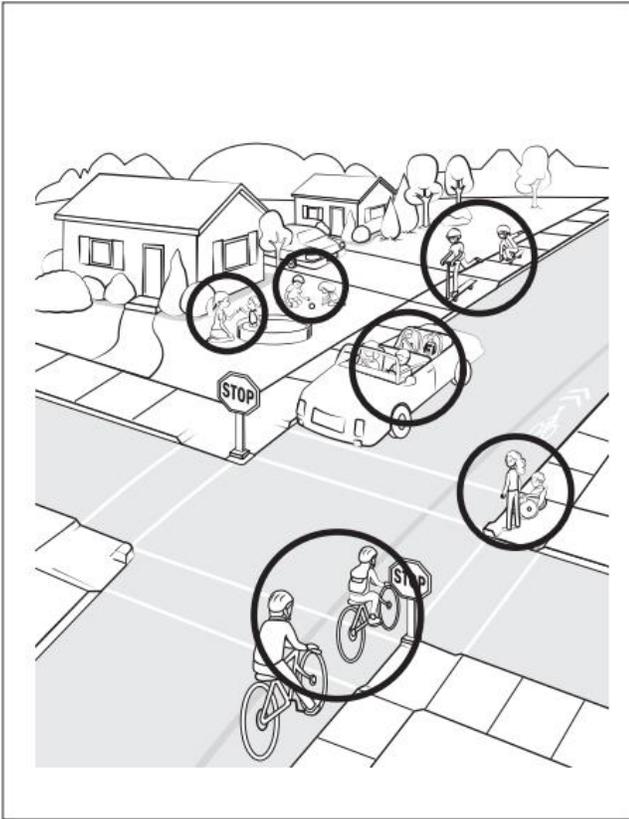
PAGE 11: Get to School Safely Maze



PAGE 12: Find the Hazards Below

1. Pedestrian dribbling ball in the crosswalk.
2. Potholes on the road causing hazard to bicyclist.
3. Leaves on the road could be wet underneath and a slipping hazard to bicyclist.
4. Driver of car texting while driving.
5. Cracks in shoulder/gutter area of road.
6. Unleashed dog could run out to bicyclist or pedestrian causing a distraction.
7. Tree on corner causing a visual barrier.
8. Sewer grate in the road is placed in the wrong direction.
9. Car backing out of driveway.
10. Bicyclist at intersection is on wrong side of the road.
11. Bicyclist at intersection is distracted by headphones.
12. Bicyclist at intersection has run a "red" light.
13. Opening car door is hazard to bicyclist.
14. Bicyclists at intersection is not wearing a helmet

PAGE 13: Spot the Differences: What Is Safe?



SAFE:

Children are playing in the yard, away from cars.

A child is playing in the pool with an adult watching.

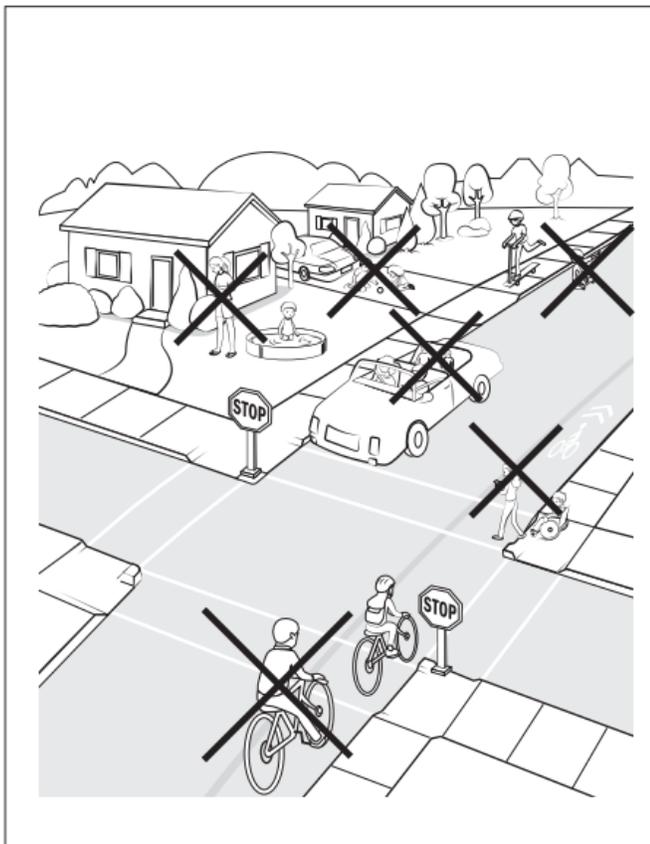
Kids are riding their scooter and skateboard on the sidewalk.

Kids and adults are buckled up while riding in a car.

Teens are waiting at the crosswalk and looking both ways before crossing the street.

Teens are wearing helmets when riding bikes.

PAGE 14: Spot the Differences: What Is Not Safe?



UNSAFE:

Children are playing behind a parked car.

A child is playing in the pool alone and the adult is looking at her phone.

A kid is riding her skateboard in the street.

Children are not buckled up while riding in a car.

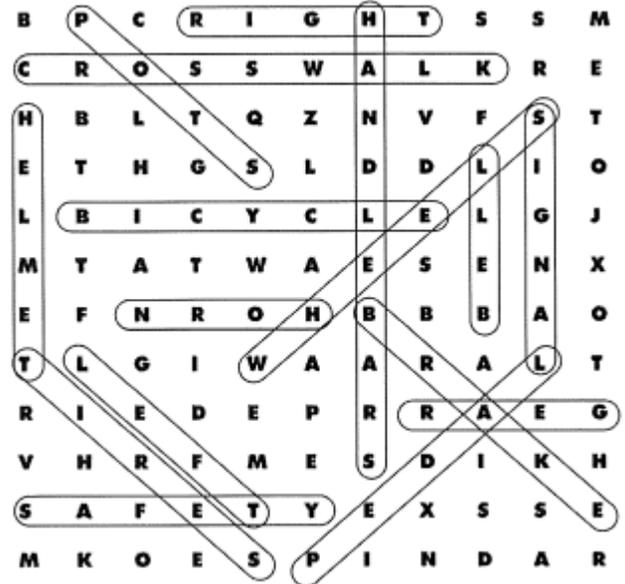
A teen is distracted and looking at her phone while crossing the street.

A teen is not wearing a helmet when riding his bike.

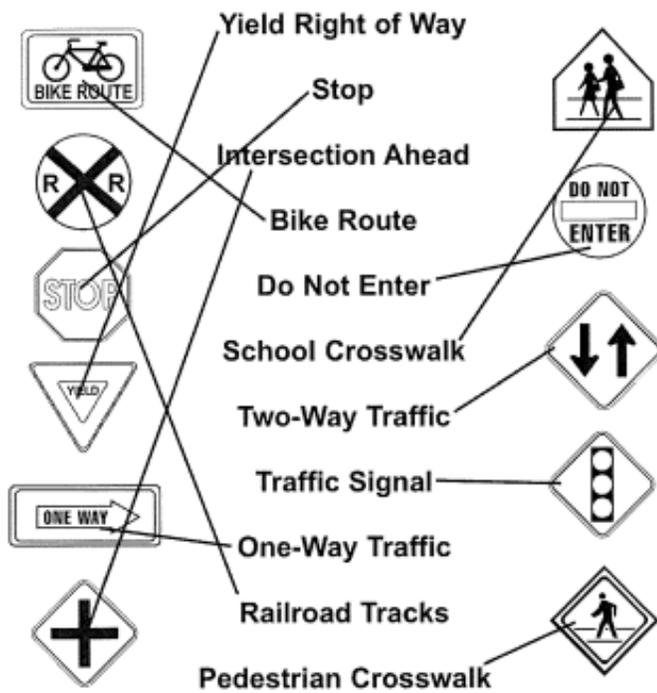
PAGE 15: Wheels Safety Scramble

- Helmet
- Knee pads
- Wrist guards

PAGE 16: Bike Safety Search



PAGE 17: Draw a line to the sign



PAGE 18: Bicycle Safety Quiz

1. No
2. No
3. Yes
4. Yes
5. No
6. Yes
7. Yes
8. No
9. Yes
10. Yes
11. Yes