



Bike Safety Tips for Kids



Ride on the right hand side of the road.

Bicyclists should follow the same rules as cars. If you want to use the sidewalk, walk your bike. (How would you like it if cars drove on the sidewalk? On second thought, don't answer that.)

Stop at stop signs.

Don't worry if "Nobody else does it" – be the first, start a trend!

Don't weave.

Don't weave up and down onto the sidewalk or between parked cars – stay in a straight line where drivers can see you. We're talking bicycling here, not hide-and-seek.

Make eye contact with drivers before crossing in front of them.

Just because you see them doesn't mean that they see you. Don't become a "hood ornament."

Don't get "doored."

When passing parked cars with people inside, watch for opening doors. Running into a car door hurts!

Don't go speeding around blind or busy corners.

If you bike through Briones Elementary School, please slow down (or even stop!) when turning by the office or multi-purpose room. (The principal's office is right there and he can arrange for a transfer from Terman.)



Gear up for Bike Safety!!

***Bring your bike and helmet
on Monday, August 27th
from 2pm - 6pm at the Terman Triangle.
We will have the following services available:***

- ◆ ***Helmet fittings***
- ◆ ***FREE bike licensing***
- ◆ ***Biking route planning***
- ◆ ***FREE bike safety inspections***

Bike Safety Tips for Middle School Parents



Make sure that the bike fits.

When sitting on a bike, there should be a slight bend in the knee with the pedal at bottom; the rider should not be able to put a foot flat on the ground.

“ABC Quick Check”

A- Air, B – Brakes, C - Chain and Cranks, Quick – Quick release levers

Bikes can get abused accidentally (or on purpose) especially when parked in the bike cage, so teach your child to do this simple check at the start of each ride.

Don’t overload backpacks.

Use a rack with bungee cords or baskets; don’t let the rider carry things in their hands.

Don’t mistreat the helmet.

Carrying it around school isn’t practical; lock it to the bike.

Get a lock that works on the school racks.

U-locks are considered the safest but they don’t work on most school racks. A long cable is more practical.

Timing is everything: get an early start to school.

Ten minutes is the difference between smooth sailing and a big mess. Work out a routine that gets bikers on the road early.

Know the route.

Need help selecting a route? Follow up to make sure your child is making safe choices.

Left turns: err on the cautious side.

These are the trickiest maneuvers. Choose a route that minimizes them. Make sure your child can judge the safest way to make a turn.

Wear a helmet.

Be sure the helmet fits. Check that your child isn’t taking the helmet off when out of your sight.

Ride with your children in front of you to evaluate their riding behavior.

You should be able to tell if they are accustomed to stopping at stop signs and if they are looking around adequately.