

## Parents and Guardians- What You Should Know

When bike accidents occur, they are usually near the child's home, on two-lane streets with speed limits under 30 mph. As a parent, it is up to you to insure that your child is ready to ride a bike on the street! In deciding, ask yourself the following questions:

- Is my child mentally ready to ride a bike in neighborhood traffic? Does he/she accurately perceive traffic dangers?
- Does my child understand how traffic is supposed to operate on streets? This is something you can start teaching your children at a young age.
- Has my child mastered basic maneuvers such as starting, stopping, signaling, and negotiating hills and curves? Practice these maneuvers with your child in a safe location before allowing them to ride on public streets. Ride with your child until you are certain that she/he is capable of riding on lightly traveled roads.

**Younger children need close supervision and should not be riding alone in the street - not even in quiet neighborhoods.**

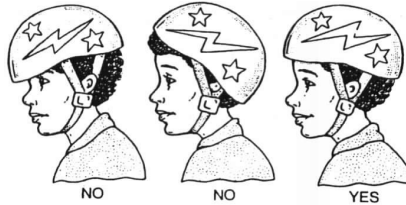
Continue to observe your child's riding habits and, if necessary, restrict cycling. Your continued supervision is always necessary, and your child's safety depends on it!

### Bicycle hand signals as seen from behind:



Right turns may be signed with a straight right arm.

### Proper Helmet Fitting: The bike helmet should be snug, and level above the eyes.



### Safe Biking checklist:

1. Wear a safety helmet when riding your bike.
2. Obey traffic signs and signals.
3. Ride in the same direction as traffic, on the right-hand side of the street.
4. Look in both directions before riding into the street from a driveway or stop sign.
5. Kids, tell an adult if something is wrong with your bike. Don't ride with brake or steering problems.
6. Use bike lights at night, and wear reflective or light-colored clothing to make yourself visible.
7. Walk your bike across busy intersections.
8. Use hand signals when turning or stopping.
9. Keep both hands on the handlebars
10. In a group, ride single-file while in traffic.

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# Safe Biking

## What You Need to Know



## For Safe Bicycling

**Evansville Metropolitan  
Planning Organization**

## Bicycling and You

Bicycling is fun, great exercise, and is a good way of getting around. But accidents involving bicyclists and cars do happen, which can result in injuries or even death. The good news is that accidents can be avoided by learning and practicing safe bicycling habits. By reading this brochure, you're on your way to becoming an expert cyclist!

### Know Your Stuff to Stay Safe

Riding a bike is serious stuff. Bikes offer no protection in the event of a collision. **All bicyclists who ride on the street—no matter how young or old—are required by law to follow the same rules as drivers.** It's when people don't obey the rules that most accidents happen.

**Most bicyclist-automobile accidents involving child cyclists occur because:**

- The cyclist rides into the path of a car without ever stopping to look for traffic.
- The cyclist runs stop signs, red lights or other traffic controls, failing to yield to cars.

Be a safe cyclist by learning and following the rules on the next page. And always remember to be aware and alert while riding your bike.



It's a known fact that lerts live longer, so be a-ler! !

## Kids - Be Safe When Biking!

**Bicycling is safe and fun! Follow these rules to make sure you are a Safe Cyclist.**

- Wear an approved bicycle helmet and wear it correctly (see back of pamphlet).
- Learn and obey **all** traffic signs and signals.
- STOP and look both ways for traffic before crossing a street.
- **Never ride against traffic!** Cars turning right are not likely to see you. **Ride in the same direction as the traffic.**



- Ride in a straight line - don't swerve in and out around parked cars.
- Use hand signals for turning or stopping. See back side of pamphlet for diagram.
- Yield to pedestrians when riding on the sidewalk, and at street intersections.
- If you have to ride at night, use front and rear lights and have reflectors. Wear reflective or light-colored clothing.
- *Ride as if traffic can't see you, because that is often true for various reasons.*
- Watch where you are going!

## Use Your Head — Always Wear a Helmet

Kids need helmets as much as, or more than, adults. Even the most experienced cyclists know that you can't control everything around you. Just as a seatbelt can save your life or reduce injuries in an accident, so will a properly fitted bike helmet.

The Insurance Institute for Highway Safety cites recent national statistics showing that in over 90 percent of cycling fatalities, the cyclist was not wearing a helmet. A bike helmet can reduce the risk of serious head/brain injury by 85-88%.

Parents: make sure your child wears his/her helmet properly and set an example by always wearing yours. Streets can be dangerous.

*Follow these tips to keep your brain safe:*

- Helmets should be worn level, not tilted back. A tilted helmet won't protect you. You should be able to look up and see the edge of the helmet.
- The helmet should fit snugly and should not move or slide on the head.
- Make sure the helmet meets established standards. Look for the U. S. Consumer Product Safety Commission (CPSC) sticker inside the helmet.

**The single most effective way for a bicyclist to be protected from a serious head injury is to wear an approved bike helmet. So use your head — always wear a helmet!**