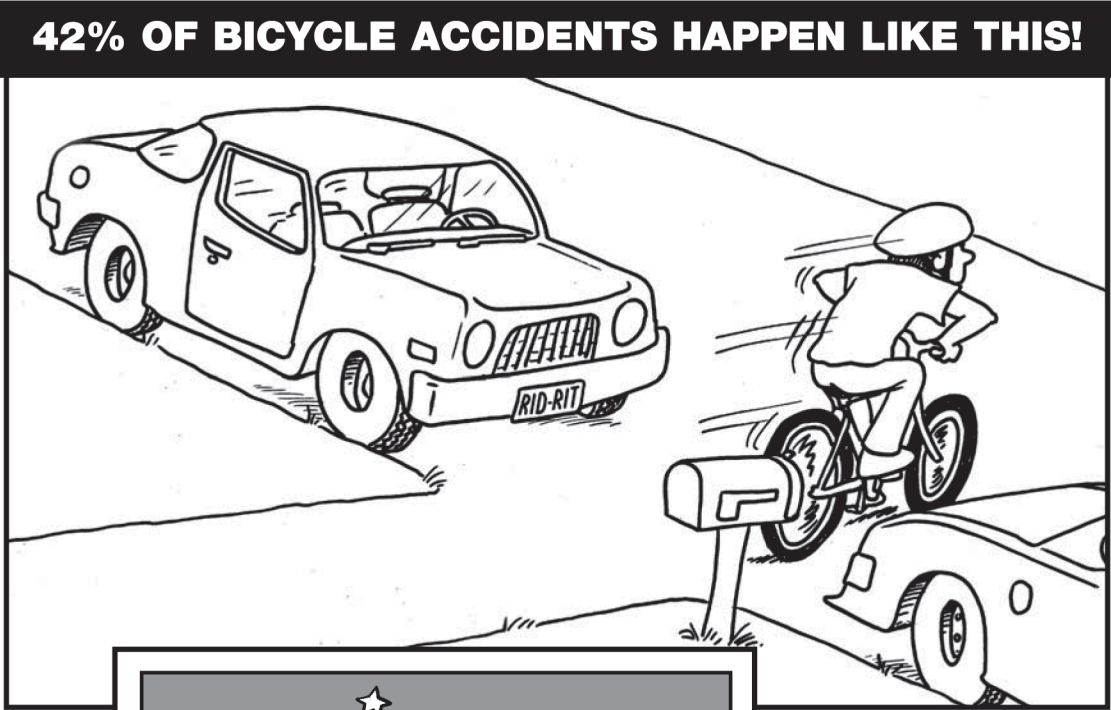
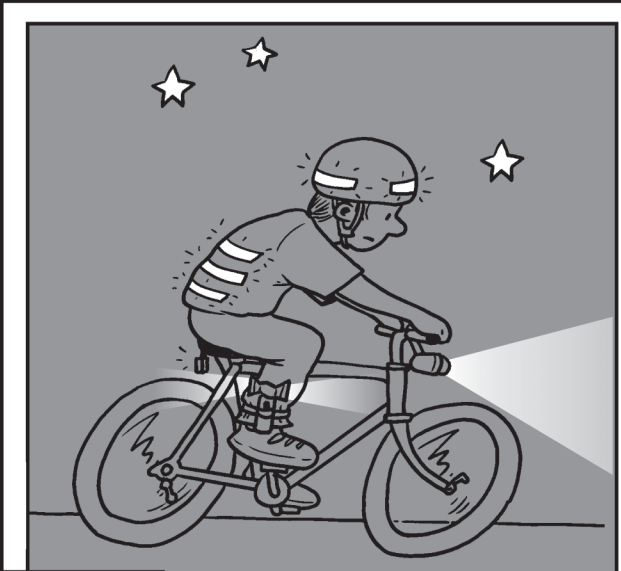


Bicycling *Do's* and *Don'ts*

Remember—a safe rider is a smart rider. Watch for cars and obey street signs. NEVER enter a roadway between parked cars! At busy intersections, get off your bike and use the crosswalk.

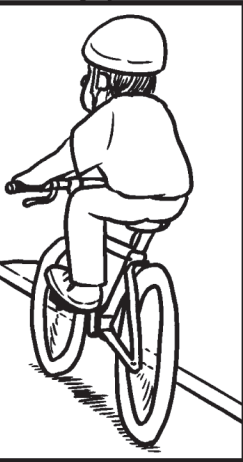


When you're old enough to ride your bike in the street—be extra careful! Stop and look all ways before riding into the street. Be sure you see all the cars, and be sure they see YOU! Ride on the right side and go the same way as cars. Choose a lane position so you are visible!

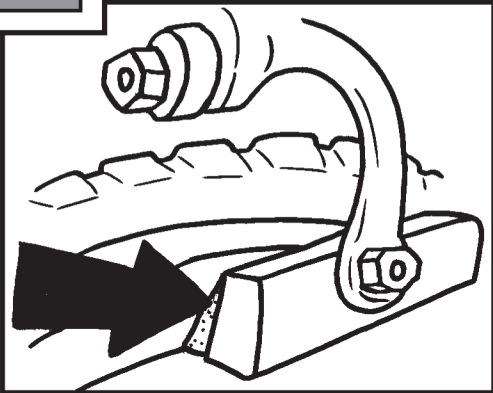


It's best not to ride at night, but if you *must* ride at night:

- Wear bright-colored, reflective clothing.
- Use a headlight, a tail light and a leg-strap light.
- Make sure your bike has lots of reflectors.

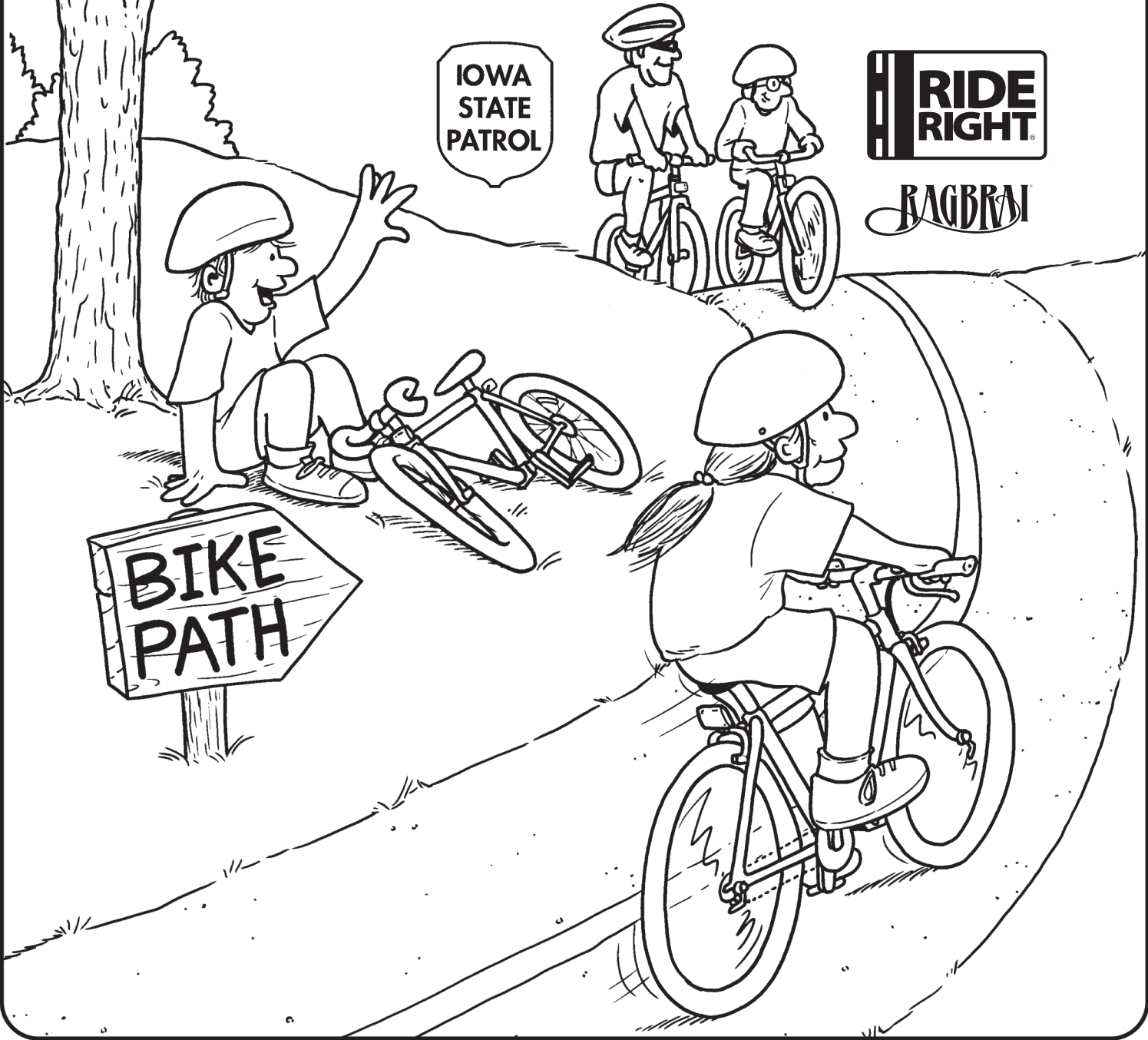


Your brakes are very important. Check to see if the brake pads are worn. If they are, have a grown-up help you replace them!



LEARN TO RIDE RIGHT!

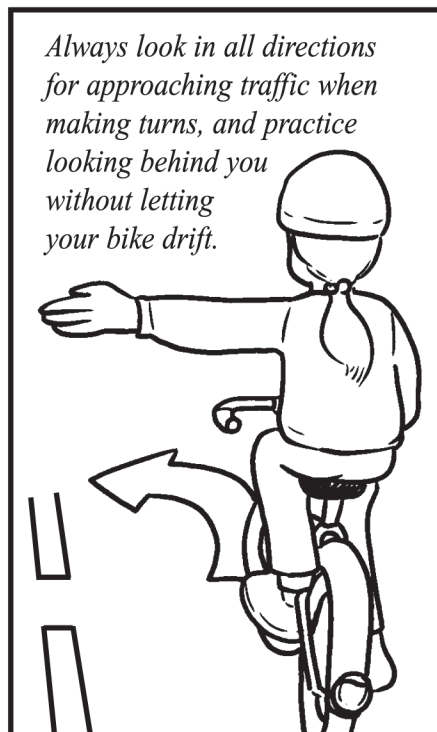
A Coloring and Activities Book to Help You Ride Your Bike Safely





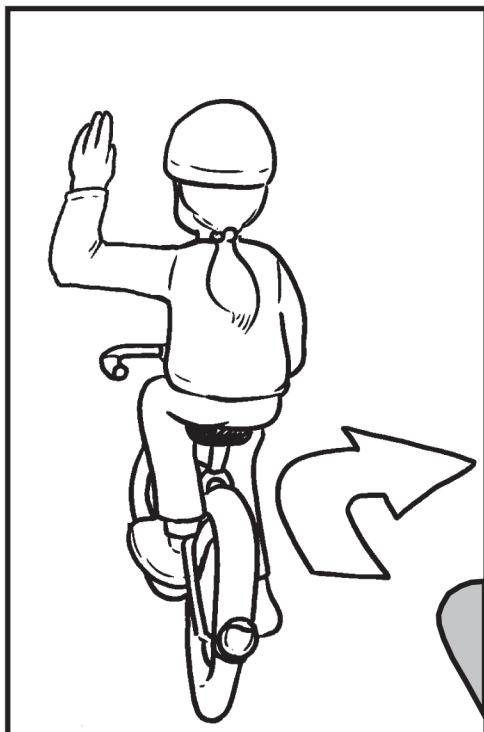
Riding your bike is fun—
if you do it *safely*.

Use your left hand to signal for turns and stops.

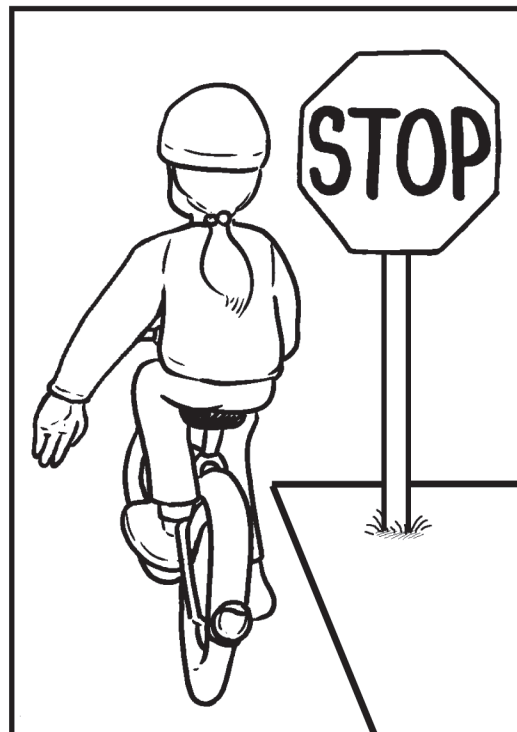


Always look in all directions
for approaching traffic when
making turns, and practice
looking behind you
without letting
your bike drift.

Extend your arm straight
out to signal a **left turn**.



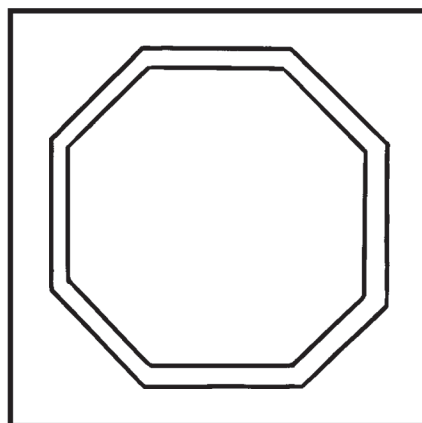
For a **right turn**, extend
your arm out and up.



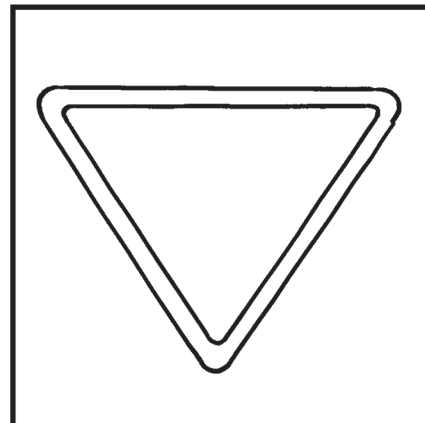
When coming to a **stop**, extend
your arm out and down.

Bikes are considered vehicles,
just like cars or trucks. So bike
riders must obey all street signs
and traffic lights.

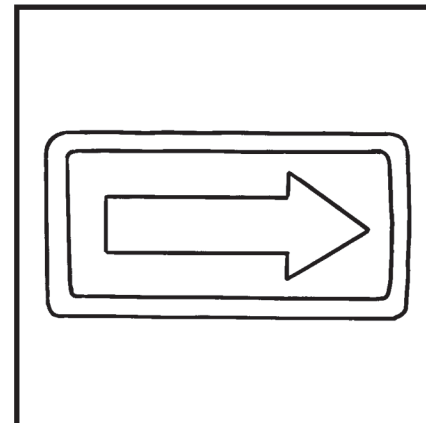
Match the words on the far-right
side with the correct sign shapes.



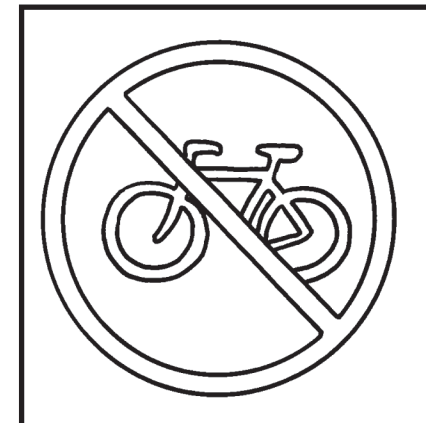
A



B



C



D

- _____ **One Way**
- _____ **No Bicycles**
- _____ **Stop**
- _____ **Yield**

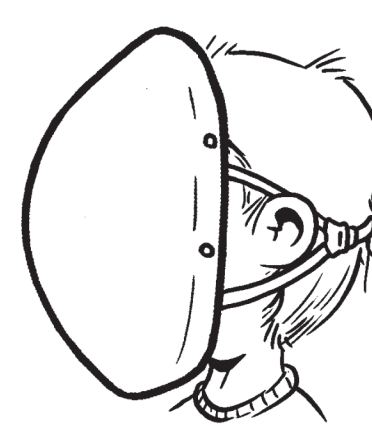
Always wear a
bicycle helmet when you
ride your bike.



Helmets should be fitted and worn properly!



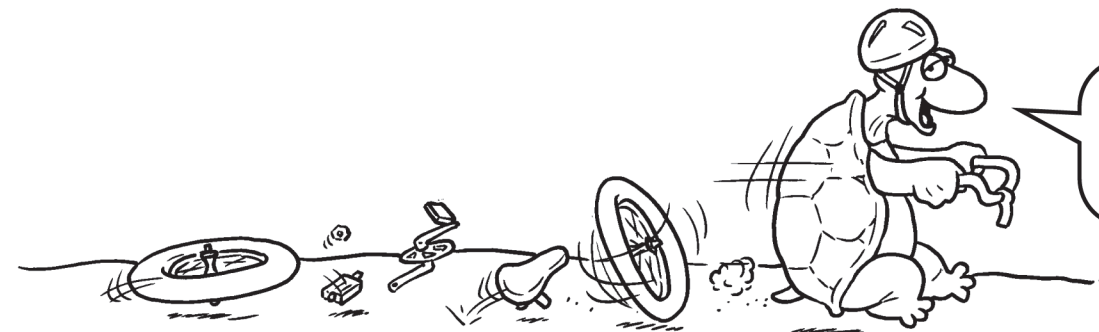
Too loose! Your helmet should
not slide around on your head.



This guy is missing the
point completely!



A perfect fit! Helmet is snug and
stays centered on your head.



My helmet protects
my head just like my shell
protects my body.