



Bike Safety

RULES OF THE ROAD



As a kid “back in the day”, we were taught the rules of bike safety on a regular basis both at home *and* at school in some form or another. I can remember every year as a kid our local police department would send over two officers to my school and demonstrate bike safety with their “Stop on a Dime” program. If you have never heard of this program, it was designed to teach elementary-aged children the “Rules of the Road” regarding bicycle safety. These demonstrations would include the use of a police car and a volunteer from the audience on a bike to show the different distances it takes bicycles and cars to stop at various speeds. After their demonstrations, you could register your bicycle and get one of those peel-off- the-back stickers similar to a vehicle registration sticker, only larger, and they would usually be placed on the back fender, or on the front bar of the bike.

As I drive around town and observe kids riding their bikes today, I have to wonder if bike safety is even taught anymore. Judging by the way kids AND many adults are riding their bikes these days, I would say not.

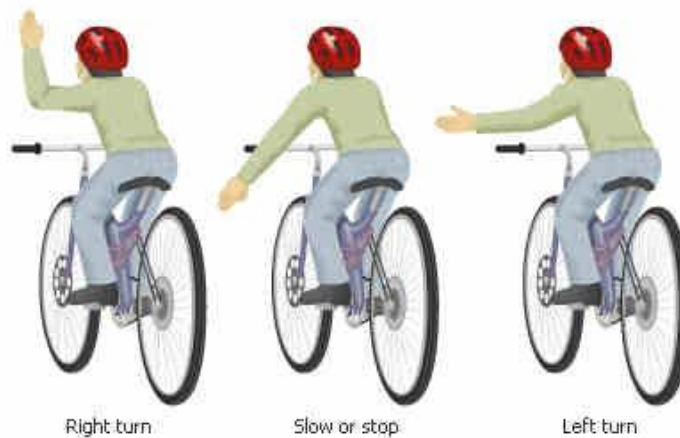
Back in the day, we were taught that if you came to an intersection, you were to get off your bike, and when safe, you **WALKED** your bike across to the other side. We were also taught that sidewalks were for walking on; not for riding your bikes. Of course, we allowed little ones who were learning to ride their bike to ride on the sidewalk. We were also taught to respect pedestrians walking on the sidewalk – *they* have the right of way; always!



Check Out These Basic Safety Tips; How many do you know?

Every year in California over 100 people are killed and thousands more are injured in bicycle collisions. Follow these safety tips to help ensure that you are not one of the statistics.

- ✓ Always wear a helmet. By law, bicycle riders under 18 years of age must wear a bicycle helmet while riding on a public road (VC 21212) **WEAR YOUR HELMET CORRECTLY!**
- ✓ You should carry identification.
- ✓ Obey all traffic controls. Bicyclists **must** obey ALL traffic signals and stop signs.
- ✓ **WALK YOUR BIKE WHEN USING A CROSSWALK!**
- ✓ Ride your bicycle near the right-hand edge of the road – ride in the same direction as the traffic.
- ✓ Never carry another person on your bicycle.
- ✓ Ride single file on a busy or narrow street.
- ✓ Always use hand signals when turning or stopping.
- ✓ Look out for cars at cross streets, driveways and parking places - - ride defensively.
- ✓ Be careful when checking traffic and don't swerve when looking over your shoulder.
- ✓ Give pedestrians the right of way.
- ✓ Be visible and alert! It should be not be assumed that all drivers can see a bicycle.
- ✓ Keep on the lookout for hazards (i.e. potholes, gravel, broken glass)
- ✓ Bicyclists are not allowed to wear a headset covering, or earplugs in, both ears.
- ✓ Always ride carefully.



Remember, bicyclists share a complex traffic environment with other larger forms of transportation. Children under age 9 lack the physical and mental development to interact safely in that environment.



Now if we could just get people to obey the pedestrian signals at the light! Sounds like a Fact of the Week for another day.



Resources & Graphics:

<http://bicycling.511.org/rules.htm>
www.nhtsa.gov/staticfiles/nti/pdf/bike-s.pdf
www.dmv.ca.gov/about/bicycle.htm
http://kidshealth.org/kid/watch/out/bike_safety.html
www.bizrate.com
www.Knoxtrans.org
www.threeriverskiwanis.org
www.corbisimages.com

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