

SafeRoutes To School



Sonoma County Bicycle Coalition

Bike Smart

Top Tips for a safe ride

healthy students
SONOMA COUNTY



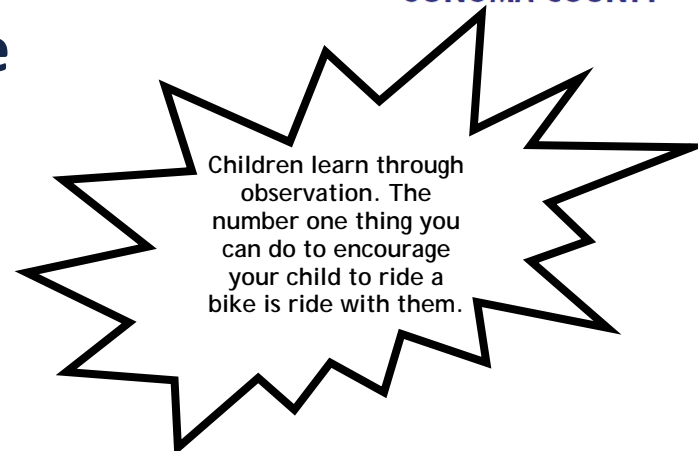
Wear Your Helmet

Your helmet is your number one piece of safety equipment. Adults should model wearing a helmet for their children.



Be Safe Be Seen

Wear light and bright colors when you ride. Have a white reflector on the front of your bike and a red one in the rear. Use a head and tail light if you ride at night.



Children learn through observation. The number one thing you can do to encourage your child to ride a bike is ride with them.



Use Hand Signals

Good communication with cars is important. Use hand signals to indicate a turn or stopping when you ride.



Ride Right

Ride on the right side of the road going with the flow of traffic. Stay in a straight line instead of weaving in and out of parked cars and keep an eye out for opening car doors.



Be Predictable, Stay Alert

Use your eyes and ears when riding. Be on the lookout for glass, potholes and other hazards. Listen for sirens and brakes. Don't use headphones while riding.



Obey Traffic Laws & Signs

Cyclists have to obey all the same laws as motor vehicles. Stop for all stop signs and lights. Treat a yellow light like a stop sign when you are on a bike. Yield to car drivers and pedestrians crossing the street.



Sidewalk Riding

Kids under the age of 10 may be safer riding on the sidewalk. Remember to look for cars coming out of driveways, and walk your bike across the street.



ABC Quick Check

Before you ride check your equipment.

A: Air pressure; make sure your tires are inflated.

B: Brakes, before you go make sure that they work.

C: Chain, see that it is oiled and that shoe laces and pant legs are out of the way.



Street Skills Classes

Sonoma County Bicycle Coalition offers Street Skills classes. This is a great thing to do before giving your teen the privilege of more autonomy. Contact us for more information.



Contact us at 545-0153 or saferoutes@bikesonoma.com or check out our website www.sonomasaferroutes.org. You can also be our facebook friend or follow us on Twitter. We look forward to hearing from you.