

# BICYCLE SAFETY BASICS

## Instructions:

Read the following passage about bicycle safety and then answer the questions below.

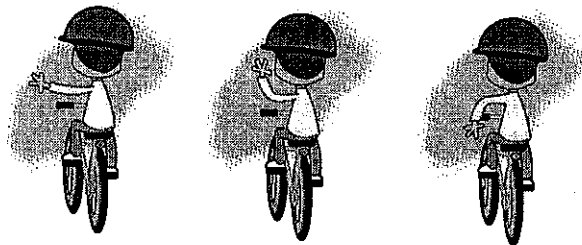
## SMART BIKING

Safe behavior is very important for bicyclists. When you're riding in an area where there are cars, there is always the danger of an accident. Knowing the rules of bicycle safety can keep you from getting hurt.

One way to ensure your safety while biking is to always wear a certified bike helmet. Make sure the helmet is on properly. It should sit on your head parallel to the ground. Helmets should never tip too far back or too far forward. The helmet straps should form a "V" shape around each ear.

A second smart biking tactic is to be visible to cars. Your bike should have reflectors so cars can see you at night. Try not to bike alone. Two bikes are easier to see than one.

The last way to bike safely around cars is to ride predictably. Cars should always know what you're going to do next. One way to ride predictably is not to make any sudden changes in your course. Another way to ride predictably is to use hand signals. See the pictures below to learn how you can signal to cars so they'll always know your next move.



LEFT TURN

RIGHT TURN

STOPPING

Now that you know some smart biking tips, be sure to use them to stay safe next time you're on your bike.

<<< Continue on the next page. >>>



NAME: \_\_\_\_\_

## STUDENT WORKSHEET

### Questions:

1. Why is it important to know the rules of bike safety?
2. What is the proper way to wear a bike helmet?
3. Why are reflectors important?
4. What are two ways to ride predictably?