Bike Smart
Top Tips for a safe ride

- **Wear Your Helmet**
  Your helmet is your number one piece of safety equipment. Adults should model wearing a helmet for their children. It is the law for those under 18.

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

- **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.

- **Wear Your Helmet**
  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.

- **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 Safe Be Seen**
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- **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.

- **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.

- **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.

- **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.sonomasaferoutes.org. You can also be our facebook friend or follow us on Twitter. We look forward to hearing from you.