

Bicycle Safety Rules

Wear a helmet!

Get permission to ride your bike or scooter. Make sure parents or sitters are watching you while you are a beginner.

When you ride, make sure you check the area for back up lights, brake lights and moving things. Remember, cars can't see you, so you must watch out for them. Be aware of traffic around you.

Learn to use hand signals!

Protect Your Head.



Before you enter a street or intersection or busy bike path, check

for traffic and always look left, right and left.



bicycle across busy streets and crosswalks.

 \blacksquare Keep a lookout for the unexpected.

Properly stop your bike. Apply brakes slowly and smoothly, and practice, practice, practice.

Make sure your bike has lights and reflective material, tires are filled and brakes are working. Make sure seat and handlebars are not wobbly. Have your parents check equipment safety!

HAVE FUN and BE PROUD!! Learning to ride is Special!!!

Prepared by: Laurie Kalb OT, director Pediatric Potentials of West Essex, Livingston, New Jersey 2011