



## Safety

- Wheels should be straight and secure. Check tires for pressure, bulges and cracks. Check brakes, seat and handlebars. Check and oil your chain regularly.
- Always lock your bike. A U-lock should be used, securing both the front wheel and the frame to a stationary object such as bike rack. Parents should help their children practice locking up their bikes.
- Don't show off on your bikes. Hands should be kept on the handlebars and only one person should be on the bike at a time. Children should not be jumping curbs.
- Record the serial numbers of bikes, keep the information with the sales along with a photograph of the bike.
- Check with local police or fire department or the National Bike Registry (NBR) at 800/848 BIKE about bike registration programs.
- Mark bikes with an engraver to deter thieves and to help in identifying and returning a stolen bike. Use a unique number, such as your driver's license number.
- Avoid wet leaves, big puddles, changes in the road surface, storm grates, gravel or rocks, curbs and little kids in your way.
- Avoid wearing headphones as the music can and will distract you from noises around you, vehicles and pedestrians.



**B**ike riding is a lot of fun, but accidents happen. Every year, about 176,000 kids go to the emergency room because of bike accident injuries, usually from head injuries. A head injury means a brain injury. That's why it's so important to wear your bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your head in case you fall down.

Bike helmets are so important that the U.S. government has created safety standards for them. As indicated helmets should have stickers set by the Consumer Product Safety Commission (CPSC) and that sticker should be on the helmet.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it.

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## THE SMART ROUTE



## TO BICYCLE SAFETY



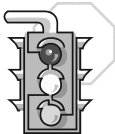
INGLEWOOD POLICE DEPARTMENT



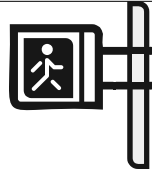
## Rules of the Road

Riding a bicycle is more than just basic transportation — it can be a fun and exciting hobby. When children ride, remember that they are not alone. They share the road with cars, trucks, pedestrians, and other cyclists. Since accidents can turn a bicycle adventure into a bicycling tragedy, here are some tips to help make children's ride a fun and safe one.

- Teach your child to obey the rules of the road. These include all traffic signs, signals, and road markings. Teach your child to ride on the right side of the street in single file and to use proper hand signals. Tell your child never to hitch rides by grabbing onto moving cars or trucks.



- Before entering a street or intersection, always check for traffic and always look left-right-left. **Walk** the bike across at corners or crosswalks. Do not jaywalk or pull out between parked cars. If the traffic signal indicates **DO NOT WALK**, obey.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. **NEVER** ride against traffic.
- Don't ride too close to parked cars where doors can open suddenly.
- **Stop at all stop signs and obey street (red) lights just as cars do.**



## Rules of the Road

### Hand Signals

Hand signals are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you.



Left Turn



Stop



Right Turn



Right Turn

### Helmets

- Make sure your child wears a bicycle helmet — it's the law. Studies have shown helmets can reduce head injuries



## Safety & Accessories

by up to 85%. Select a helmet that has a **snug, but comfortable fit**. **The straps should always be fastened**. Look for the helmet labels that show they are recommended by either the **American National Standards Institute, [www.ansi.org](http://www.ansi.org)**, or the **Snell Memorial Foundation, [www.smf.org](http://www.smf.org)**.

- Make sure your child wears proper clothing that is light in color and close fitting to avoid being caught in the bicycle's moving parts. Be sure books and other loose items are carried in a backpack.
- Reflective stickers are a great choice for safety and visibility on clothes, and helmets. Reflectors should be displayed on front and rear of the bike.
- Ensure that your child is riding a bike that is the right size. Have the child stand straddling the top bar of the bike so that both feet are flat on the ground. There should be 1 to 3 inches of space between the child and the top bar and both feet flat on the ground.
- Make sure that nothing will get caught in the bike chain, such as loose pant legs, backpack straps, or shoelaces. Wear the right shoes, such as sneakers. Sandals, shoes with heels, and cleats won't help gripping the pedals. **NEVER** go barefoot. Riding gloves may help grip the handlebars.