

Bike Safety

There are so many great reasons to ride your bike: it offers fun, freedom, and exercise. Here are a few tips so that you and your family can be safe while enjoying your bike!

Wear your Helmet: A bike helmet is the most effective safety device available to reduce head injury and death from bicycle crashes.

Right Side of the Road: Ride on the right side of the road with traffic. Stay far to the right.

Use Appropriate Hand Signals: Inform others where you are travelling with appropriate hand signals. Respect traffic signals, stopping at all stop signs and stop lights.

Stop and Look: Be sure drivers are paying attention and going to stop before crossing the street. Stop completely when entering a sidewalk, path, or driveway. Look left, then right, then left again.

Wear Bright Colors: Wearing bright colors makes one visible not only at night but during the day as well. Include something reflective such as reflective tape or flashing lights.

Supervise: Actively supervise children until you are comfortable that they are responsible enough to ride on their own.

Proper Helmet Fitting

A head injury can mean 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 face, head, and brain in case you fall down.