

Bicycle and Pedestrian Lessons for Children

Bicycle Lessons for Children

1. Helmet Safety
 - Always wear a helmet when you ride a bike
 - Make sure that your helmet fits properly (level on your head, with front and back straps equally tight and space for 1 finger between your chin and chin strap)
 - Replace your helmet if it is banged hard or if it is in a crash
2. Preparing to Ride Safely
 - Check to make sure you are ready to ride (wearing a helmet, wearing brightly colored clothes with no dangling pant legs or shoe laces and NO headphones)
 - Check to make sure that the bike fits properly (you should be able to stand over the bike with 1" to 3" of clearance over the top bar)
 - Check to make sure your tires are properly inflated
 - Check to make sure that your brakes work properly
 - Check to make sure that your chain is not loose or rusty
 - Check to make sure that your wheels spin smoothly
3. Traffic Laws and Hazards
 - Bicycles are vehicles and must obey all traffic laws, including stopping at all stop signs and red lights
 - Use hand signals before turning left or right and slowing or stopping
 - Be aware of and avoid hazards such as debris, potholes and parked cars
4. Basic Bike Skills
 - Practice starting, stopping and dismounting
 - Ride on the right side of the road with traffic
 - Ride predictably and in a straight line
 - Look in front of you, beside and behind you as you ride so that you are aware of surrounding traffic
 - When crossing the road, look for other vehicles and pedestrians from the left, right and left again
 - Make eye contact with motorists and never cross an intersection until you know that the driver has seen you
 - Never ride in the dark, even with a light (adults who ride at night are required by law to use a light)

Pedestrian Lessons for Children

1. Crossing Safely

- Walk on sidewalks or paths, and if none are available, walk as far away from cars as possible and facing traffic
- Always cross streets with an adult
- Choose an appropriate place to cross the street, use crosswalks when available and try to avoid crossing between parked cars or at the top of a hill
- Stop at the edge (where you can see the traffic) before crossing the street
- When crossing, look left, right and left again for traffic and keep looking for traffic until you have finished crossing the street
- Walk in a straight line from one side of the street to the other
- Walk across the street, do not run

2. Bus Safety

- Stay on the sidewalk away from the street when waiting for the bus
- Stay out of the danger zones around a bus (10 feet in front of the bus and 5 feet on either side)
- Never cross the street behind a bus

3. Crossing the Intersection

- Do not assume that drivers will stop for you in crosswalks
- Cross when the pedestrian signal says "WALK," and do not start crossing (but complete crossing if you are in the street) when the signal says "DON'T WALK"
- When crossing at an intersection, look left, right and left again and then behind for traffic and keep looking for traffic until you have finished crossing the street
- When crossing at an intersection, wait for turning cars to pass

4. Parking Lot Safety

- Stay close to the car and wait for an adult to help crossing the parking lot
- Walk two steps away from the rear bumpers of the line of cars in a parking lot if there is no sidewalk or median

Source: walktoschool.org

Retrieved 12/20/05 from

<http://www.walktoschool.org/resources/safety-education.cfm>