



## Bicycle Road Rules

If you're allowed to ride on the street, follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. **Never** ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey street (red) lights just as cars do.
- Ride single file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

## Riding in a Car

1. Riding in a car is fun, but you have to be safe, too! Do you know how to buckle up for safety? Ask an adult to make sure that you are safe and ready to go!
2. Make sure that everyone else is buckled up, too.
3. If you are 12 years old or younger, then you are very special! You get to ride in the back seat! It's the safest place for kids to be when they ride in the car.



## Riding the Bus

1. Get to the bus stop at least five minutes early.
2. Line up at least five **giant** steps away from the street.
3. Wait until the bus stops and it is safe to get onto the bus.
4. Make sure that your backpack; bookbag or clothing straps are not dangling so they don't get caught in the bus handrails or doors.
5. Look left-right-left before you step off the bus to be sure no cars are coming.
6. If you have to cross the street in front of the bus, walk on the sidewalk or along the road to a point at least five giant steps ahead of the bus before you cross. Look left-right-left, and wait until it is safe before you cross.
7. **NEVER** walk behind the bus.
8. Walk at least five **giant** steps from the side of the bus. If you drop something near the bus, tell the bus driver. **NEVER** try to pick it up.



## Crossing the Street

1. If you are 10 years old or younger, you need to cross the street with an adult. You should not cross by yourself. Ask an adult to tell you who can help you cross the street.
2. Before you step off the curb to cross, stop and look left-right-left to see if cars are coming. Do you know your left from your right? If you do, that is great! If you don't, here is a hint: when you hold your left hand up, your thumb and first finger will make the letter, "L," and that stands for "left."
3. When no cars are coming, it is safe for you and an adult to cross. But look left-right-left as you do it, and hold the adult's hand.



**POH**  
REGIONAL MEDICAL CENTER  
A MCLAREN HEALTH SERVICE



50 N. PERRY ST.  
PONTIAC, MI 48342

**POH**  
**Riley**  
FOUNDATION



**PriorityHealth**<sup>®</sup>

# RULES OF THE ROAD



★ BICYCLE SAFETY ★

★ HELMET FITTING ★

★ RIDING IN CARS & BUSES ★

★ CROSSING THE STREET ★

## Why Is Bicycle Safety So Important?

- Up to 300,000 kids go to the emergency department because of bike injuries every year.
- Some of these injuries are so serious that children die, usually from head injuries.
- Head injury can mean breaking the skull or brain injury.
- Wearing a helmet provides protection for your head and brain in case you fall, hit something or something hits you.

**A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride! Wearing a helmet can reduce the risk of injury by 85%.**

## Choosing a Helmet

Bike helmets are so important that the U.S. government has created safety standards for them.

- Your helmet should have a sticker that says it meets standards set by the **Consumer Product Safety Commission (CPSC)**.
- **Always** wear a bike helmet, even if you are going for a short ride.
- Your bike helmet should fit you properly. If you're unsure if your helmet fits you well, ask someone at a bike store.

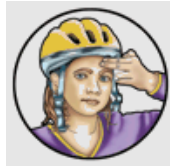
## Fitting Your Helmet

### Step 1 Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

### Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



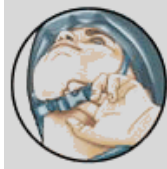
### Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



### Step 4 Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



### Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



### Step 6 Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

### When to Replace a Helmet.

Replace any helmet that has been involved in a crash, or is damaged.

### The Helmet Should Fit Now.

Buy a helmet that fits your head now, not a helmet to "grow into."

*Replace any helmet that has been outgrown.*

### The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

### The Helmet Must Cover Your Forehead.

### The Chin Strap Must Be Tight and Properly Adjusted.

### The Helmet Should Not Rock Forward or Backward on Your Head.

If it does, see step 6.

## Choose the Right Size Bike!

Riding a bike that is the right size for you also help keeps you safe.

Start by straddling the top bar of your bike so that both feet are flat on the ground.

There should be 1 to 3 inches of space between you and the top bar.

## Safety Checklist

- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.
- Wear bright clothes and put reflectors on your bike so you can be seen when the sun isn't shining.
- Wear the right clothes so nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces.
- Wear the right shoes — sneakers — when you bike. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot!
- Avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

## Where to Ride

You need to where you're allowed to ride, how far you're allowed to go and whether you should ride on the sidewalk on in the street.

Kids younger than 10 years should ride on the sidewalk and avoid the street.

Keep an eye out for cars and trucks. Even if you're just riding on sidewalk, a car may pull out of its driveway into the path of your bike.

Walk your bike across the street.

Use a bike path free of cars if there is one and share it with the other riders, walkers, and strollers who also might be using it!

And if you're going on a long ride, bring some water along with you.

Keep an eye on the road ahead so you can be prepared for big hills and things in the road that can cause falls like wet leaves, big puddles, gravel or rocks, curbs, or people!