



## Bike Safety Reminders

- Always wear a helmet every time you ride, even for a short ride.
- Check your helmet for a sticker from CPCS. This means your helmet is a safe helmet and will protect your brain.
- Never wear a hat under your helmet. Your helmet should fit properly and cover your forehead.
- Always use a chin strap.
- Learn and use hand signals for turning (see illustration above).
- Know where you are allowed to ride. Always check with parents before going farther than they allow.
- Always stop and check for traffic in both directions when leaving a driveway, alley, or curb.
- Cross only at intersections using the crosswalk and following traffic signals.
- Travel on the right hand side of the road and ride with the traffic. Never ride against traffic.
- Ride single file on the road when riding with others.
- Stop at all stop signs and red lights just like cars do.

★ Click the link to view a cool video on “**Bike Helmets 101: A Basic User’s Guide to Brain Safety.**”

[https://www.youtube.com/watch?v=b6r3f7M\\_XOY](https://www.youtube.com/watch?v=b6r3f7M_XOY)