



Pinecrest Neighborhood Association Bike and Stroller Rally June 9, 2007

Safe Clothing

What kids wear when riding a bike is also very important for safety:

- Fluorescent or bright-colored clothes will help kids be visible on the road. (Avoid dark clothes, especially during early dusk and twilight hours.)
- Lightweight clothes will help them avoid becoming overheated.
- Pant legs shouldn't be too loose-fitting or flared. These can get caught up in the chain while riding.
- If your child wears a backpack while riding, make sure the straps are tied up and can't get tangled in the spokes of the wheels.
- Choose shoes that grip the bike's pedals. Cleats, shoes with heels, or flip-flops can all create problems while riding. Kids should never ride barefoot!

Rules of the Road for Bike Riding

Here are some must-know safety tips to teach kids:

- Stop at all stop signs and obey traffic lights just as cars do. Yield to pedestrians, stop at red lights, and be especially careful at intersections.
- Always ride in the same direction as cars do. Never ride against traffic.
- Try to use bike lanes or designated bike routes whenever you can — not the sidewalk!
- Never ride at dusk or in the dark.
- Always stop and check for traffic in both directions when leaving a driveway, an alley, or a curb.
- Watch traffic closely for turning cars or cars leaving driveways.
- Don't ride too close to parked cars — doors can open suddenly.
- Always walk a bike across busy intersections using the crosswalk and following traffic signals.
- When riding in a group, always ride single file on the street.
- When passing other bikers or people on the street, always pass to their left and call out "On your left!" so they'll watch for you.
- Never share the seat with a friend or ride on the handlebars — only one person should be on a bike at a time. It's easy to lose balance or suddenly swerve into traffic when riding with a passenger.
- Never wear headphones while biking — it's essential to hear everyone else on the road at all times.
- Never stand up while riding a bike.
- Never hitch a ride on a moving vehicle.
- Never change directions or lanes without first looking behind you, and always use the correct hand signals.

For more info, check out: http://www.kidshealth.org/parent/nutrition_fit/fitness/bike_safety.html

Pinecrest Website: <http://elansing.net/pinecrest>

Bike Maintenance

Check your child's bike at least once each season to keep it safe and well-maintained.

Be sure to check:

- tires — inflate to the pressure that's recommended on the sidewall of the tire
- chain — oil it regularly and remove dirt
- handlebars — adjust for height as your child grows and tighten all bolts
- brakes — check for frayed cables and replace worn-out brake pads
- seat — keep the seat level and adjust for height as needed