

Kids-

be safe and have fun on your bike

1. Wear a helmet on every ride.



2. If you must ride at dusk or after dark, use headlights and tail lights--white in the front and red in back.

3. Before you start riding, test your tires for air and make sure your brakes will stop you. If there's anything broken on your bike, ask for help to get it repaired before you ride.



4. Stop and look left, look right, then left again before leaving your driveway or entering any street or path.

5. Ride with traffic.

6. Ride where drivers can see you and don't swerve between cars.

7. Let drivers know what you're doing: use hand signals before making turns.



8. Obey all traffic lights and signs.

9. Obey all traffic laws relating to bikes in your town.

10. Have fun!

Parents

- Did you know that 15% of children and adolescents aged 6–19 years are overweight (CDC)?
- In one generation, the number of kids biking and walking to school has dropped from 71% to 18%?
- 20-25% of morning rush hour traffic can be parents driving kids to school?

The solution:

Get kids moving. To maintain a healthy weight, kids must start leading more active lifestyles at an early age. Make regular physical activity part of your kids' daily routine. Biking and walking to school is one great way to do this.

- Start or take part in a Safe Routes to School program in your community.
- Start walking or biking groups (called Walking School Buses.)
- Ensure kids have safe places to cross streets around the school.
- Drive slowly through school zones.
- Teach basic traffic safety skills to your children.

Visit www.bikeleague.org/educenter/labsrts.htm