

# BIKE SKILLS TALK

MS 1

## DISCUSSION

### Introduction:

Even though you may want to ride a bike to school, the store, a friend's house, or your job, your parents may not think it is safe. So schools all over Sonoma County are asking Safe Routes to Schools to train their students to be certified in bike safety.

Completing this course is like drivers ed for bikes. By the end of the course, you'll be an expert on traffic law, avoiding accidents, and choosing safe routes for biking, where ever you decide to go. In fact, by the end you'll probably know more about bike safety than your parents do. If you get a chance, quiz them on what we're about to cover.

By the time you are 10 years old, you have the size and ability to ride in the street. We want to make sure you have the knowledge to ride safely. A big part of what we want you to remember is to be predictable. If the drivers can make a good guess

about what you are going to do then they will do their best to avoid you. When you are visible and following the rules of the road you are being predictable. This unit will teach you the skills you need to be a predictable rider. It will help you to make smart choices as a rider. Those decisions will help keep you safe on the road. Our unit today is going to cover the basics of street riding. That includes: Fears and Greats, Accidents and Hazards, Shoulder Check, Intersections, Turns and Bike Communication.

**What makes people scared when they think about riding a bike in the street?** Get students to give a few examples of their fears. People are often scared of drivers running into them for no reason. Actually, half of all accidents involving cyclists and motor vehicles are the cyclist's fault. This means that you have the ability to avoid many accidents.

### What's great about bikes?

These are the five M's: **Mind** – biking makes you proud, happy, alert, able to see new things; it exercises your mind. **Mother Earth** - no air pollution, water pollution, noise pollution, global warming, doesn't cause road kill (Raise your hand if you've seen dead animals on the road) **Mobility** – you can go where you like without a license, easy to park, you can even take your bike on the bus! **Muscle** – you get exercise, keeps you healthy & strong & looking good! Don't have to go to the gym or worry about your weight if you ride your bike to school/work **Money** –no gas, no bus fare, no parking tickets, no insurance/ registration, low cost of bike vs. car repair. **NOTE:** There is a powerpoint presentation for this section. If you are unable to use it, supplement with the bike basics overhead visuals.



## STANDARDS

- ☑ CA.H.6.S.2.3 Analyze personal behaviors that may lead to injuries or cause harm.
- ☑ CA.H.6.S.3.1 Identify rules and laws intended to prevent injuries.
- ☑ CA.H.6.S.5.1 Use a decision-making process to determine a safe course of action in risky situations.
- ☑ CA.H.7/8.N.5.2 Identify recreational activities that increase physical activity.

## OBJECTIVES

- Students will learn a variety of street riding skills and safe cycling practices.
- ☑ Common accidents
  - ☑ Hazards and how to avoid them.
  - ☑ Over the shoulder check
  - ☑ Right of Way
  - ☑ Turning Safely
  - ☑ Good Bike Communication

## MATERIALS

- ☑ over head projector visuals or powerpoint presentation
- ☑ Lane Change Olympics video
- ☑ City Biking Handbook
- ☑ Cycle Jeopardy Handout
- ☑ Crash Case Study, 3 handouts and answer key
- ☑ Q&A Relay

## What are the most common ways young people get in bike accidents? (visual: obey traffic law)

### 1. Not stopping at STOP SIGNS.

You need to put your foot down, wait for your turn and look both ways before you cross. Cyclists have to follow all the same rules of the road that drivers do. That means you have to follow all the same rules including stopping at all stop lights and signs. In the eyes of the law, a bike is a moving vehicle. Not only is it dangerous but you can get a ticket for running a light just like a car driver.

### 2. Riding on the wrong side of the road is the most common cause of bike accidents.

It is important to go in the same direction as traffic. Drivers are not looking for vehicles going the wrong way & they are not looking for you, so they have a hard time seeing you. You may not have time or space to jump out of the way. Always ride on the right side of the road in the same direction as traffic. You are 14x more likely to be in an accident riding on the wrong side of the road.

### 3. Not looking to see if the road is clear when exiting a drive way.

Just like when you cross the street as a pedestrian you need to look left, look right and left again before entering the road. This way you are taking charge of your safety. Don't count on drivers seeing you or stopping. Wait to go until you know it is safe.

### 4. Riding on the sidewalk is one of the most common causes for bike accidents.

Old people, garbage cans, & children in strollers can all be found on the

sidewalk. There is a lot of trouble you can cause by riding on the sidewalk. Drivers coming in and out of driveways have a hard time seeing bikes. Also, when bicyclists are riding on the sidewalk or crossing the street, it is very common for them to ride right into the street without looking or stopping first at the corner. Can you imagine what could happen if someone did this?

### Street Hazards

When you are riding in the street, there are other hazards you need to watch out for.

#### 1. The door zone. (Visual: door zone)

Does anyone have a guess as to what the door zone is? The door zone is the space just to the left of parked cars where a car door can open. Parked drivers do not always look before they open the door to step out. Even if it is their mistake, you are the one who gets hurt. It is important to ride out of the 'door zone'. You want to ride where there is enough space so you don't get hit, about three feet or two bike spaces away from parked cars. Keep an eye out for people sitting in parked cars so you can avoid them if they step out or pull away from the curb without looking.

#### 2. Squirrel riding. (Visual: Do not be a squirrel)

Has anyone ever ridden a bike like this? – this is called squirrel riding and it is totally dangerous. People want to bike in between parked cars to let other traffic pass, but.... Ouch! Drivers can't always see you between parked cars. If the street is busy, you can pull over and let cars pass, otherwise stay with the flow of traffic by biking in a straight line.

(Visual: ride straight) Here, the car

sees you because you're riding predictably straight and clear of the door zone. It's better to make a car go around you than to surprise it like a squirrel. Riding like a squirrel is unpredictable. Drivers cannot keep you in clear view. They cannot make good guesses about what you are going to do. They might think you are turning into a driveway or parking. They will not expect you to move out into traffic. This is one of the skills we are going to practice on our bikes.

### Check before Passing (Visual: check before passing)

#### Q: If this bicyclist sees cars ahead, why would they need to look back?

Anytime you need to merge toward the left where drivers may be about to pass you from behind, you always want to look back first! The Passing Zone is always on your left. It is used by faster traffic to pass you and it is used by bicyclists like you to pass around obstacles in the road. A parked car is one of the most common obstacles but you also might need to bike around road debris like broken glass, pot holes or rain drains. These are not as visible to drivers as parked cars.

**Q: What do you think would happen to a cyclist if they did not check for traffic before passing a parked car?**

The car driver would continue driving straight ahead, right? If the bicyclist decided to pass the parked car but didn't check back to see if anyone was about to pass her, she would get hurt. Not only that, but the accident would be the bicyclist's fault and she would have to pay for the damage to the car!

**Q: So what do you do if you need to move over to pass something on your right?**

A Shoulder Check (Visual: shoulder check)

The bicyclist scans ahead and sees an obstacle. Next the bicyclist looks over his left shoulder to check for oncoming traffic. If you can, make eye contact to let drivers know you're about to move left into the passing zone. If the car driver is going really fast, it's best to slow down and let him pass before moving left. The shoulder check is the bicyclist's rear view mirror. There are a few reasons why you may need to merge left into the passing zone. What are they?

- Going around a parked car
- Making a left turn
- Avoiding a pothole or broken glass
- Passing another bicyclist

## Intersections

### Stopping

Safely navigating intersections is another thing we are going to practice on our bikes.

At a two way stop who has to stop, the car driver or the bike?

(Visual: two way stop) The car driver has no stop sign, so s/he has the right of way. The car driver doesn't even have to stop

or slow down or look.

At a four way stop everybody stops. (Visual: four way stop) What happens if the bicyclist doesn't stop? We'll talk about right of way in just a minute...

Then there are intersections with traffic lights, most of which you can travel through safely without walking your bike. When you arrive at a stop light on your bicycle you obey the same rules as drivers: wait for the light to turn green and then take your turn to go.

Some intersections are crazy busy. (Visual: mega intersection) What would be a safe way to cross this intersection? When you come to a very large intersection, it is best to walk your bike across using crosswalks. Once you are across safely, you can get back on your bike and ride.

### Right of Way (Visual: what is right of way?)

Right of Way is a set of laws to help us figure out who gets to go first.

These are the same laws you learn in drivers ed.

RULE #1 – First goes first

At a four way stop the first person to arrive at an intersection gets to go first. At a two way stop the driver with no stop sign has the right of way, even if the driver at the stop sign arrives first. If there are no stop signs, it is considered the same as a four way stop.

What if two people arrive at the same time?

RULE # 2 – The driver on the right has the right of way.

If more than one vehicle arrives at the same time, the driver on the right gets to go first. Usually drivers will make eye contact and signal each other so everyone is being predictable.

RULE # 3 - Pass on the wave through.

Have you seen people do this? Someone usually waves the other drivers through. Watch out! Don't listen to just one car driver –there may be other drivers with different ideas, so look around first. The safest practice for a bicyclist is to wave the drivers through. Then you know it's clear.

### Turns (Visual: preparing for a turn)

This is one of the scariest and therefore hardest things for new street riders to learn. It is about where to ride on the road. LMR stands for left, middle, and right. Normally, bicyclists ride as far to the right as is safe. When would you move to the middle? (Hint: this is what we discussed earlier). Going straight when there's a right turn lane, or when there are obstacles, cracks in the pavement, or broken glass on the right, move to the middle. When would you move to the left? When you are turning left.

### Right Turns

When you make a right turn you stay in the right lane. You look left-right-left again to make sure the intersection is clear and you look over your shoulder to make sure it is safe behind you before you turn. Don't forget to use your hand signal to let the drivers behind you know what you are doing. Then turn into the right lane.

## Going Straight

When you go straight you stay in the right lane and continue into the right lane. Check over your shoulder to make sure a car driver is not turning right around you and don't forget to scan for traffic coming from the other three directions. Look left, right, left and then in front of you for someone making a left turn.

## Left Turns (Visual: left turns)

To make a left turn you have to move left twice. First, you have to move into the left lane. Whenever you change lanes you must look over your left shoulder first – if there are is no traffic coming then it is clear and you can go. Don't forget to signal left. Why not look over your right shoulder? If you look over your right shoulder you will only see trees and buildings. You need to have a view of the traffic coming behind you. Second, you have to make your turn. Stop, look left, right, left again, and signal left. Wait till it's your turn. Where should the bicyclist finish – L, M, or R?

It is important to always land in the right lane when you finish your turn – we are going to practice this on the road.

At a busy intersection, the safe way to turn left is to do the box turn: stay in the right lane (remembering to stop, look left, right, left), cross in one direction, then turn your bike and cross in the other direction. Or at a really busy intersection, wait for the light, and walk your bike in the crosswalk.

## Communication (Visual: bicycle communication)

Safe bike riding is really about good communication. Hand signals, eye contact and your voice are all tools you have to let other people know what you are doing. Cars are not the only other things on the road. You also have to communicate with other cyclists and with pedestrians. When you ride in a group, use your voice to let others know what is going on. You can call out, "STOPPING" or "SLOWING" and use your hand signals. This is especially important to tell the person behind you so that they won't crash into you when you stop suddenly. Always let pedestrians know you're about to pass them by using your voice or a bell.

Sometimes you can't use your hands; for example, riding downhill when there's a stop sign at the bottom & you need both hands on your brakes! – so you really need to use your voice.

Hand signals are a great way to communicate with drivers. (Have students practice their hand signals as a group).

We have to share the road and be respectful of others but remember to always **WATCH FOR YOURSELF** – no matter what anyone else is doing – watch for yourself – especially at Intersections—take charge of your safe ride and have fun!

## MATERIALS

### Power-point Presentation or Over head projector visuals

See attached visuals: 13 pages. Notations are in the discussion section to cue visuals appropriately. They can be used with an Elmo projector or copied onto transparencies for an overhead projector.

### Lane Change Olympics DVD

11.5 Minute DVD that focuses on biking safely and predictably navigating intersections and turns. DVD only. Cue to 8 minutes 30 seconds to start. This is a great extension if you are expanding the bike safety curriculum to two days.

### City Biking Handbook

Reiterates the skills taught in the lesson. Can be used in conjunction with the Jeopardy Handout to help students answer questions. (To order, contact the Bicycle Transportation Alliance at: [info@bta4bikes.org](mailto:info@bta4bikes.org) or (503) 226-0676)

### Cycle Jeopardy Handout

This can be used as either a homework assignment if you are spending a single day on bike safety or as an in-class assignment if you can take a second day. Use the Cycle Jeopardy Handout for this activity. (Students can use the City Biking Handbook for reference.)

There are 10 cyclists in the picture and 3 additional hazards. Ask students to identify the unsafe or not predictable behavior and the safe solution.

## Crash Case Studies

The crash case studies can be used in multiple ways. If you have class time available, they are fun to do as role plays. SRTS has props (mini car and bike) to lend out. Plan accordingly to insure loaner materials are available. Students have a great time with this. Divide the class into small groups and give each group a scenario. Students need to act out the scenario and then come up with the appropriate safe cycling skills that would have helped avoid the problem. Groups take turns demonstrating their scenario in front of the class. If you do not have class time, the handouts can be used as homework. Have students provide a short answer for each of the three scenarios that demonstrate an understanding of the conflict and the safe riding skills needed to avoid future conflicts. The City Biking Handbook can act as a reference guide for students.

## Q&A Relay

This is a PE game designed to review safe cycling information while participating in a running relay race. It can be used to supplement and review the previous bike skills information. It can be as part of a multiple-day bike safety unit and could replace the on-bike activities if your school is not providing those activities. It also can be used throughout the school year to remind and reinforce skills previously taught.

Divide the students into two teams. There should be an equal number of students on each team and each team should represent a variety of skills and abilities. Teams line up at the start line. Explain to the students that they will be asking and answering questions about bike and pedestrian safety as they run.

Teams will be given a Q&A card. Questions are on the light side of the card. Teams are encouraged to discuss and review answers with their teammates but only one person runs at a time. When they have an answer, the runner runs to the end of the course. Cards will be at the other end. The runner finds the card with the correct answer. On the back of that card, there is a new question. The runner returns to the start line with the new question for the team to solve. Students take turns running, every person on the team must run. As students run, they must keep track of how many questions they have answered. The objective is to answer as many questions as possible. Teams do not stop running until everyone has had a turn. They continue taking turns until the leader says the race is over. Remind students that they should come up with the answer on their own and not look at the back of the card. The team with the most questions answered wins. Play multiple rounds of the game. Encourage teams to do their personal best each time they play, this can take the focus away from winning and competition. Mix up the teams if they do not seem to be divided up equally.

## Materials

6-10 cones: 2 for each team  
Chalk (for blacktop): to define start and finish lines  
Set of Q&A cards: (included)  
Question and Answer sheet to be copied as a single to double sided copy with Questions on one side and Answers on the other side, make one set for each team.

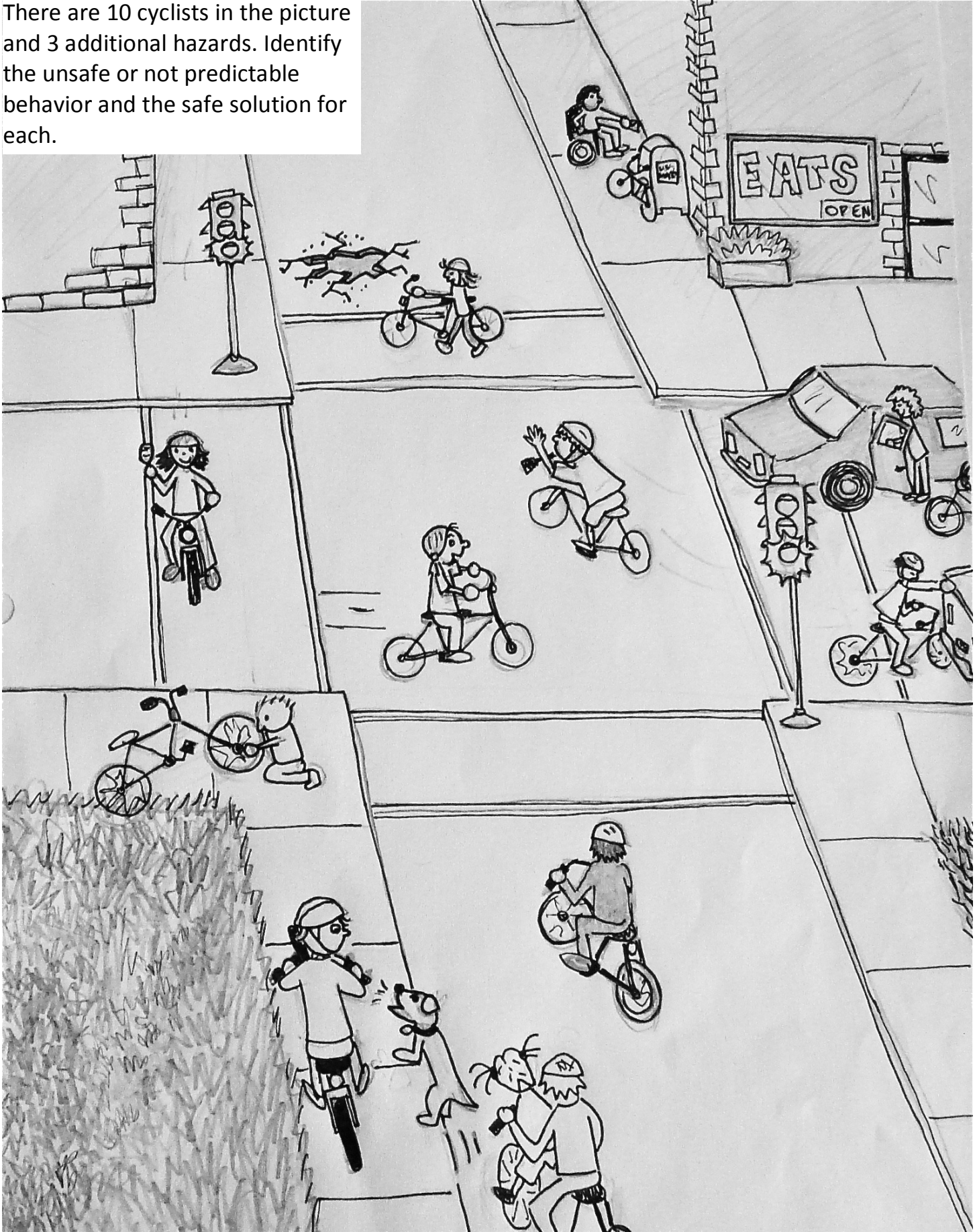
## Set Up

Make copies of the Question and Answer cards so each team has a set

(Questions on one side and Answers on the other). Cut out the cards. Determine the number of teams you will have. Each team should have 4-6 students. Determine the distance you want the students to run. Place one set of cones for each team at the start and turn-around lines. If you choose, chalk the start and turn-around lines and lanes for the students to stay in. Place a set of Q&A cards at the turn around end of the race, one set for each team. Keep one Q&A card out from each set for teams to begin the relay with. Hand out a Q&A card with the question facing up to each team and tell them to begin, have fun!

# CYCLE JEOPARDY

There are 10 cyclists in the picture and 3 additional hazards. Identify the unsafe or not predictable behavior and the safe solution for each.



# CYCLE JEOPARDY ANSWER KEY

There are 10 cyclists in the picture and 3 additional hazards. Ask students to identify the unsafe or not predictable behavior and the safe solution. See below for solutions. Solutions are listed top to bottom. Left to right.



1. The bicycle is parked in front of the mail box making it difficult for pedestrians to use.
2. There is a large pothole in the road. This can damage your bike or make you swerve into traffic.
3. The rider is doing a good job walking across the street but the light is green in the opposite direction. They are crossing against the light and are potentially crossing into traffic.
4. The rider should walk her bike across the street if they are using the crosswalk. If she wanted to ride she should be in the right lane on the correct side of the road. Also the rider is carrying a Popsicle in one hand instead of having both hands on the wheel.
5. The rider is in excellent position for making a left turn but is signaling right; a left turn hand signal is the left arm straight out. Also you should have both hands on the wheel when you make a turn. You should signal before you turn.
6. The rider is too far to the right. He will get hit by the car door.
7. The girl is crossing the intersection against the light with no helmet on, an accident waiting to happen.
8. Eeek. The rider is catching an easy ride by holding the back of the car. It may look like fun but only until the car driver puts on his brakes. Keep both hands on the wheel and move by your own power.
9. The person is fixing their bike right on the sidewalk creating an obstruction for everyone else. Better to move onto the grass and be respectful of the others who need to use the space.
10. The rider is in the middle of the road instead of the right position and they are wearing dark colors.
11. The rider is on the sidewalk going the opposite direction of traffic. You are 5x more likely to crash than if you are in the street going with the flow.
12. There is a dog not on its leash. It is a distraction to the rider who is paying attention to the animal and not to what is in front of him.
13. This rider has a tag along on the handlebars. This makes it hard to see and steer. It cuts down your reaction time if you need to move fast. They are on the wrong side of the street (14x more likely to be in a crash) and the extra rider is not wearing a helmet.

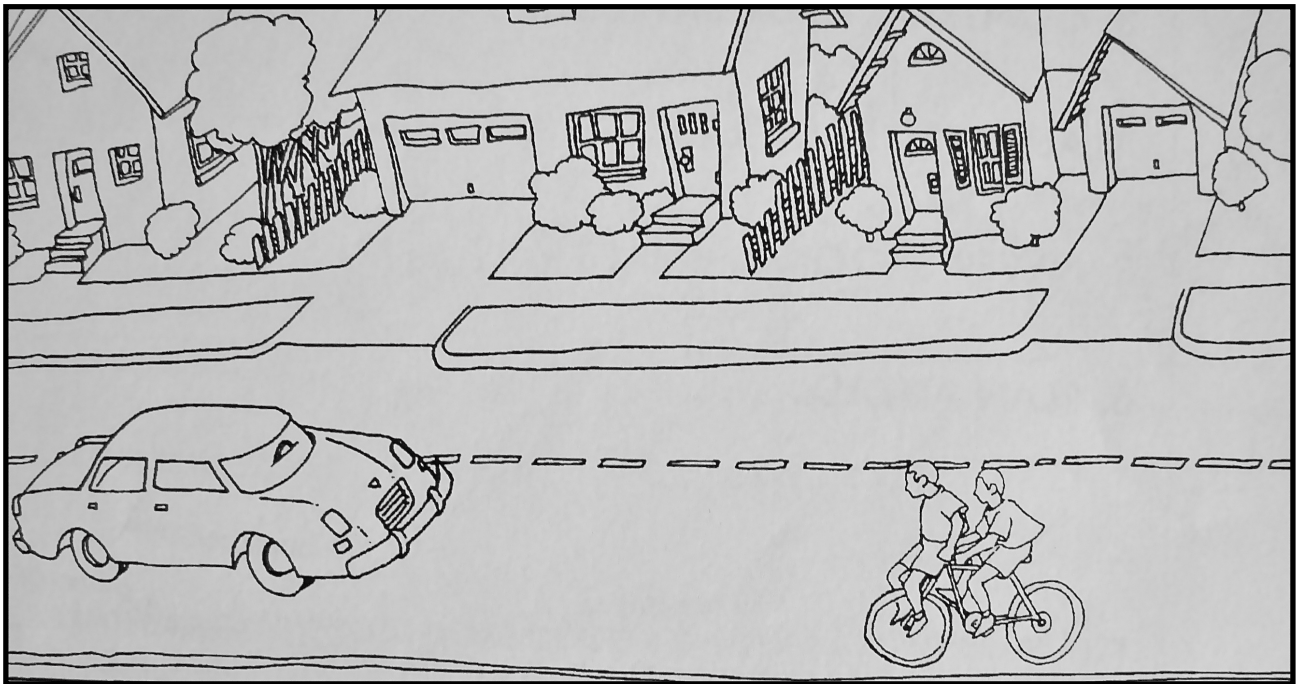
**CRASH CASE STUDY #1**  
**WRONG WAY WILLY**

**Car Driver Statement**

I was driving home. A boy on a bicycle was riding toward me in my lane. There was another kid sitting on his handlebars. I had to swerve to avoid him but he lost control of his bike. He could have been badly hurt, he's just lucky I didn't hit him.

**Bike Rider Statement**

My friend and I wanted to go to the store. It was only a few blocks away so I thought I didn't need my helmet. He didn't have his bike so I gave him a ride. I always ride facing traffic so I can see what is coming but I couldn't see around my friend. I tried to avoid the car but I guess I lost control.



What could Willy and his friend have done differently to avoid an accident? What safe cycling skills does Willy need to learn? Write your answer in complete sentences.

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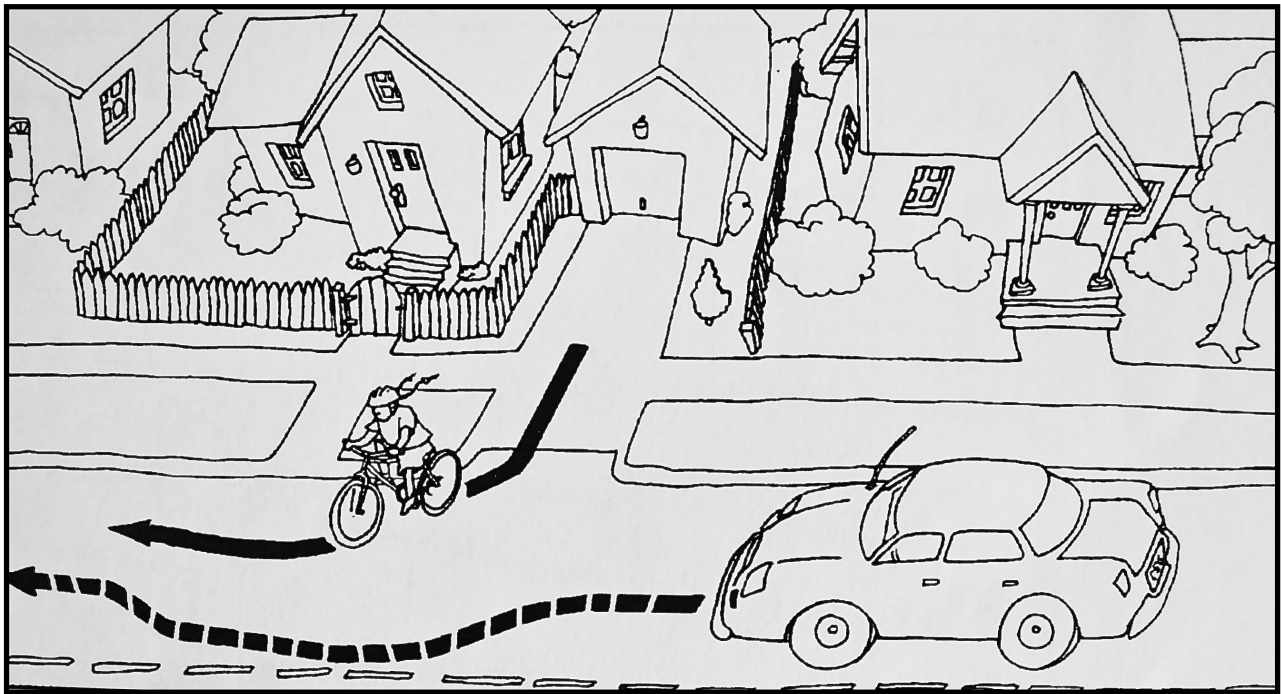
**CRASH CASE STUDY #2**  
**DASH OUT DARCI**

**Car Driver Statement**

I was on my way to work when this girl rode out into the street. I didn't see her until the last second. I had to swerve to avoid her. It made me drop my cell phone. Luckily I didn't hit her. Kids should ride on the sidewalk.

**Bike Rider Statement**

I always wear my helmet because I want to be safe. I did not want to be late to school so I jumped on my bike and took off down the driveway. The car was going super fast. It almost hit me. People should drive slowly in neighborhoods with kids.



Both Darci and the driver did some things right and some things wrong. Say in your own words what they did right. What could they have done differently to avoid a close call? What safe cyclist skills do they need to practice in the future? Write your answer in complete sentences.

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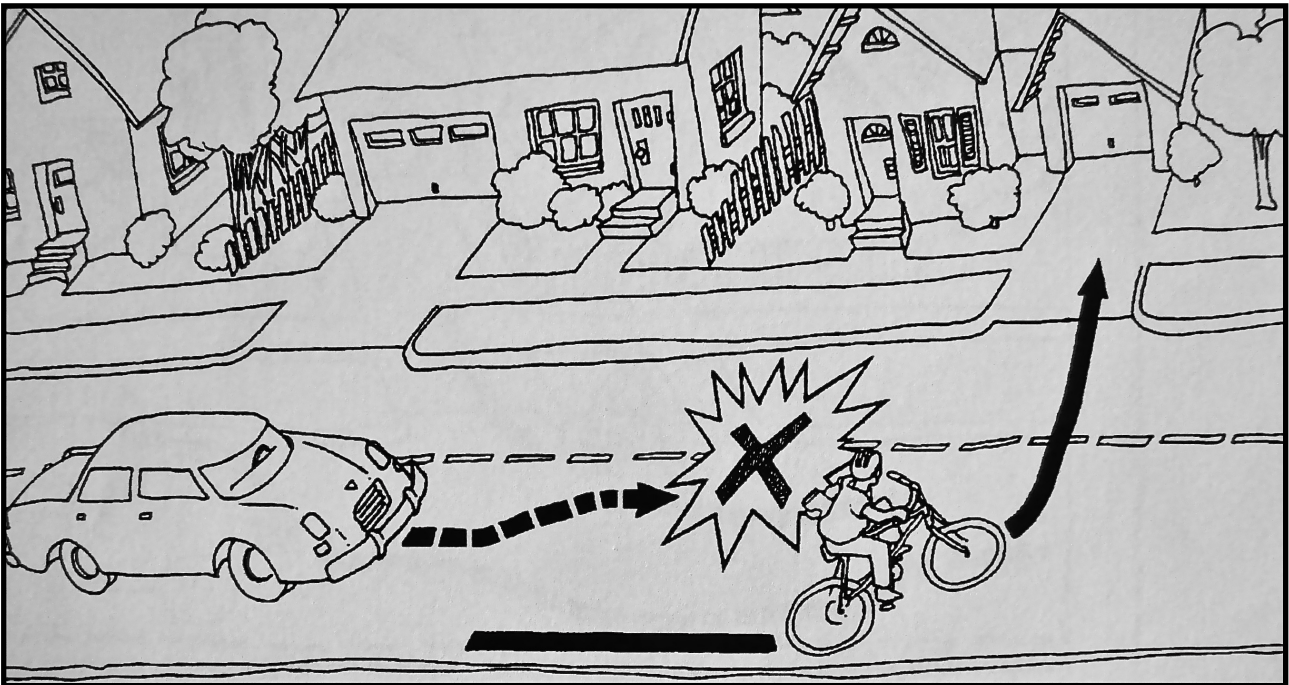
**CRASH CASE STUDY #3**  
**LEFT TURN LOUIE**

**Car Driver Statement**

I don't know what that kid was doing. He was driving along in front of me and all of a sudden he turned and crossed the street. I had to slam on my brakes. I almost hit him.

**Bike Rider Statement**

I always wear my helmet when I ride. I was carrying my math book home from school. I had my other hand on my handle bars. I tried to signal my turn but I guess my hands were full. I didn't see the car behind me. I'm glad the car stopped in time.



What could Louie have done differently to avoid a close call? What safe cyclist skills does he need to learn for the future? Write your answer in complete sentences.

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**CRASH CASE STUDY  
ANSWER KEY**

**What could Willy and his friend have done differently to avoid an accident? What safe cycling skills does Willy need to learn? Write your answer in complete sentences.**

*Willy and his friend both need helmets, even if they were only going a few blocks. Your helmet is your #1 piece of safety equipment. 80% of head injuries can be avoided by wearing a helmet. Having a friend ride on your handlebars is unsafe. It limits your vision and slows your reaction time. Having a friend on the handlebars contributed toward his losing control. If his friend did not have a bike they should have walked. The law says every person on the bike needs to have their own seat. Handlebars, pegs and racks are not for passengers. Finally they were riding on the wrong side of the road. You are 14x more likely to be in a crash riding the opposite direction from traffic. The safest place to be is going with the flow. That is the predictable way to ride.*

**Both Darci and the driver did some things right and some things wrong. Say in your own words what they did right. What could they have done differently to avoid a close call? What safe cyclist skills do they need to practice in the future? Write your answer in complete sentences.**

*Darci was wearing a helmet and riding a bike to school. The driver was able to swerve and avoid an accident. They were both lucky.*

*Both Darci and the driver made mistakes. Darci needed to stop at the end of the driveway and scan for traffic, looking left, right and left again. You should never assume a driver sees you. It is safer to turn into the road after the car to passes. Those few seconds will not make a significant difference in your travel time and could save your life.*

*The driver needed to slow down. The speed limit in a residential neighborhood is usually 25 miles an hour. He also should not have been talking on his cell phone. The driver has misinformation. After age 10 the safest place a rider is in the street. You are 2x as likely to crash riding with the flow on the sidewalk and 5x more likely to crash on the sidewalk riding the opposite direction as traffic. You cannot count on drivers paying attention. You have to ride defensively and look out for your own safety.*

**What could Louie have done differently to avoid a close call? What safe cyclist skills does he need to learn for the future? Write your answer in complete sentences.**

*It was good that Louie was wearing his helmet. You should check to see your straps to insure it is adjusted correctly at the beginning of every ride.*

*Louie needed a rack or a back pack to hold his school books. That way his hands are free for riding and signaling. Having the right gear can help keep you safe.*

*Louie forgot to do an over the shoulder check before turning. He changed his lane position before scanning for traffic. When you set out to make a left turn you need to scan and signal twice. Once when you move from the right side of the road to the left or center position and then again when you make the actual turn. This gives drivers time to slow down or move around you. Louie should have waited for the car to pass before changing*

<p>True or False: It is safer to ride in a straight line then to move to the right and stay close to the curb between parked cars.</p> <p>True: It is much safer to ride a predictable straight line instead of playing peek-a-boo between parked cars. Motorists can see you.</p>	<p>What is the safest way to cross railroad tracks?</p> <p>When crossing railroad tracks do an over the shoulder check for traffic then cross the tracks at a right angle.</p>	<p>True or False: When crossing at a streetlight you only need to look left, right and left again to make sure it is safe to cross the street.</p> <p>False: You also need to look ahead and behind you to see that there are no cars making turns before you cross the street.</p>
<p>What is the fine for not wearing your helmet if you are under 18?</p> <p>\$25 the first time you get a ticket.</p> <p>\$65 If you get ticketed a second time.</p>	<p>What is the single most important piece of safety gear you can use when riding your bicycle?</p> <p>YOUR HELMET is your most important piece of safety gear.</p>	<p>What percentage of head injuries can be prevented by wearing a helmet?</p> <p><b>80%</b> of head injuries can be prevented by wearing a helmet.</p>
<p>List two reasons it is dangerous to walk out from between to parked cars.</p> <p>You cannot see around the cars to check for traffic.</p> <p>Oncoming traffic cannot see you from between the cars.</p>	<p>Who makes the decision if it is safe to cross if there is a crossing guard?</p> <p>You do. Always check for yourself to see if it is safe, even if you have help.</p>	<p>Which is the safest place to walk if there is no sidewalk on either side of the street: going the same direction as the cars or going the opposite direction as the cars? Why?</p> <p>Going the opposite direction is safest so you can see cars coming and move out of the way.</p>
<p>What do you need to do with shoelaces and pant legs before you ride your bike and why?</p> <p>Secure pant legs by rolling them up, tucking them into you socks or using an ankle band. Tie shoelaces and tuck them in so they don't get stuck in your chain while riding.</p>	<p>What kind of clothes are safest to wear when you are riding your bicycle?</p> <p>Light and bright colors are the safest. They are easy to see and make you more visible.</p>	<p>What is the safest thing to do with headphones when riding your bicycle?</p> <p>Put them away. Having headphones in, even just one, limits your ability to hear horns, brakes or sirens.</p>
<p>What do the A, B, and C stand for in the ABC safety check?</p> <p>A- Air: make sure your tires are not flat.      B- Brakes: make sure your brakes work well.      C- Chain: make sure your chain is oiled and clothing is out of the way</p>	<p>What color reflectors should you have on your bike? Where should they be and why?</p> <p>You should have a white front reflector and a red rear reflector. This gives information to cars about the direction you are going and makes you visible and predictable.</p>	<p>Why is it important to use hand signals when you ride?</p> <p>Hand signals help you communicate with the drivers and make your actions predictable. Using hand signals is also the law.</p>
<p>True or False. When you are on your bike, you have to come to a complete stop at all stop signs. Why?</p> <p>True. Bicycles are moving vehicles. Cyclists have to obey all the same traffic laws as car drivers.</p>	<p>Where is the safest place on the street to ride your bike? Why?</p> <p>The safest place to ride is in the street going the same direction as traffic. This helps you to be visible and predictable.</p>	<p>Why is it important to use an over the shoulder check before changing lanes or making a left turn?</p> <p>Always look over your shoulder to make sure it is safe before moving out into traffic. Never assume that the cars see you.</p>
<p>True or False: It is OK to have someone ride on the pegs on the back of your bike.</p> <p>False: Pegs, handlebars and racks are not safe for passengers. Every person on the bike needs to have their own saddle to be safe and legal.</p>	<p>When riding in a group, what is the safest way to ride?</p> <p>It is safest to ride single file when riding in a group. Side by side traffic takes up the whole lane, is discourteous, and can anger and frustrate car drivers.</p>	<p>What is the door zone?</p> <p>The door zone is the lane just to the left of parked cars. Make sure you are at least 3 feet out from parked cars to avoid being hit by opening doors.</p>

<p>True or False: It is safer to ride in a straight line then to move to the right and stay close to the curb between parked cars.</p>	<p>What is the safest way to cross railroad tracks?</p>	<p>True or False: When crossing at a streetlight you only need to look left, right and left again to make sure it is safe to cross the street.</p>
<p>What is the fine for not wearing your helmet if you are under 18?</p>	<p>What is the single most important piece of safety gear you can use when riding your bicycle?</p>	<p>What percentage of head injuries can be prevented by wearing a helmet?</p>
<p>List two reasons it is dangerous to walk out from between to parked cars.</p>	<p>Who makes the decision if it is safe to cross if there is a crossing guard?</p>	<p>Which is the safest place to walk if there is no sidewalk on either side of the street: going the same direction as the cars or going the opposite direction as the cars? Why?</p>
<p>What do you need to do with shoelaces and pant legs before you ride your bike and why?</p>	<p>What kind of clothes are safest to wear when you are riding your bicycle?</p>	<p>What is the safest thing to do with headphones when riding your bicycle?</p>
<p>What do the A, B, and C stand for in the ABC safety check?</p>	<p>What color reflectors should you have on your bike? Where should they be and why?</p>	<p>Why is it important to use hand signals when you ride?</p>
<p>True or False. When you are on your bike you have to come to a complete stop at all stop signs? Why?</p>	<p>Where is the safest place on the street to ride your bike? Why?</p>	<p>Why is it important to use an over the shoulder check before changing lanes or making a left turn?</p>
<p>True or False. It is OK to have someone ride on the pegs on the back of your bike.</p>	<p>When riding in a group, what is the safest way to ride.</p>	<p>What is the door zone?</p>

<p>Going the opposite direction is safest so you can see cars coming and move out of the way.</p>	<p>Secure pant legs by rolling them up, tucking them into you socks or using an ankle band. Tie shoelaces and tuck them in so they don't get stuck in your chain while riding.</p>	<p>Light and bright colors are the safest. They are easy to see and make you more visible.</p>
<p>Put them away. Having headphones in, even just one, limits your ability to hear horns, brakes or sirens.</p>	<p>A- Air: make sure your tires are not flat. B- Brakes: make sure your brakes work well. C- Chain: make sure your chain is oiled and clothing is out of the way</p>	<p>You should have a white front reflector and a red rear reflector. This gives information to cars about the direction you are going and makes you visible and predictable.</p>
<p>Hand signals help you communicate with the drivers and make your actions predictable. Using hand signals is also the law.</p>	<p><b>80%</b> or head injuries can be prevented by wearing a helmet.</p>	<p>True. Bicycles are moving vehicles. Cyclists have to obey all the same traffic laws as car drivers.</p>
<p>Always look over your shoulder to make sure it is safe before moving out into traffic. Never assume that the cars see you.</p>	<p>False: Pegs, handlebars and racks are not safe for passengers. Every person on the bike needs to have their own saddle to be safe and legal.</p>	<p>It is safest to ride single file when riding in a group. Side by side traffic takes up the whole lane, it is discourteous and can anger and frustrate car drivers.</p>
<p>The door zone is the lane just to the left of parked cars. Make sure you are at least 3 feet out from parked cars to avoid being hit by opening doors.</p>	<p>True: It is much safer to ride a predictable straight line instead of playing peek-a-boo between parked cars. Motorists can see you.</p>	<p>When crossing railroad tracks do an over the shoulder check for traffic then cross the tracks at a right angle.</p>
<p>False: You also need to look ahead and behind you to see that there are no cars making turns before you cross the street.</p>	<p>\$25 the first time you get a ticket. \$65 If you get ticketed a second time.</p>	<p><b>YOUR HELMET</b> is your most important piece of safety gear.</p>
<p>You cannot see around the cars to check for traffic. Oncoming traffic cannot see you from between the cars</p>	<p>The safest place to ride is in the street going the same direction as traffic. This helps you to be visible and predictable.</p>	<p>You do. Always check for yourself to see if it is safe, even if you have help.</p>