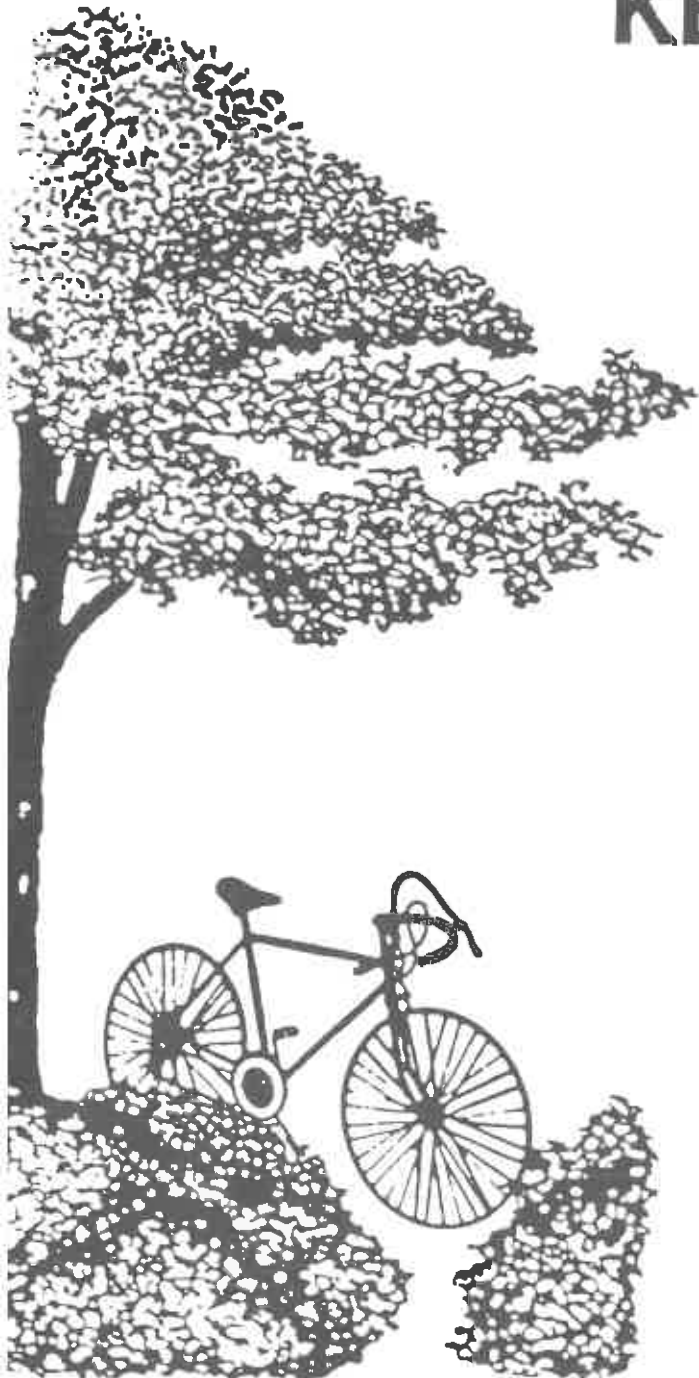


**Ride
Safe.
Ride
Smart.**
KENTUCKY



Kentucky Crime Prevention Coalition

ASK THESE QUESTIONS *BEFORE* BUYING A BIKE FOR A CHILD

- ✓ Will I consistently enforce the *no helmet no riding* rule?
- ✓ Is my child *really* old enough to ride?
- ✓ Will my child keep the bicycle in good mechanical condition?
- ✓ Are there traffic-free places nearby where children may learn to bicycle?
- ✓ If the area is not suitable for bicycles, are there places nearby?
- ✓ Will I see that my child gets proper instruction in bicycle safety before they ride in traffic?
- ✓ Am I willing to help my child while he/she learns to ride and care for their bicycle?
- ✓ Do I have the patience to teach and enforce bicycle traffic laws and safety rules?

PARENTS CHECKLIST FOR YOUNG RIDERS

MY CHILD . . .

Will wear ANSI, ASTM or Snell approved helmet every time they ride . . .

Will ride off the street until they are 9 or 10 years of age and then know the rules of the road . . .

Will not ride at dusk or when it's dark . . .

Will not wear headphones, as they hinder the child's ability to hear traffic . . .

Will not ride double . . .

Will ride a bike that is in good condition . . .

Will not ride borrowed or bikes that are too large . . .

Will know that bicycles are not toys . . .

Will join me in taking an active part in learning safe cycling!

Bike Safety Word Search

Directions: Search for the words listed below. The first letter of each word has been circled for you. The letters of the words can be connected up, down, sideways, or diagonally. The words are not always in a straight line. Circle each letter in the words you find. To help you get started, the first two words have been shaded in for you.



After you have found all the hidden words, color the boxes of the letters you have circled with a marker.

Can you guess what the picture is?

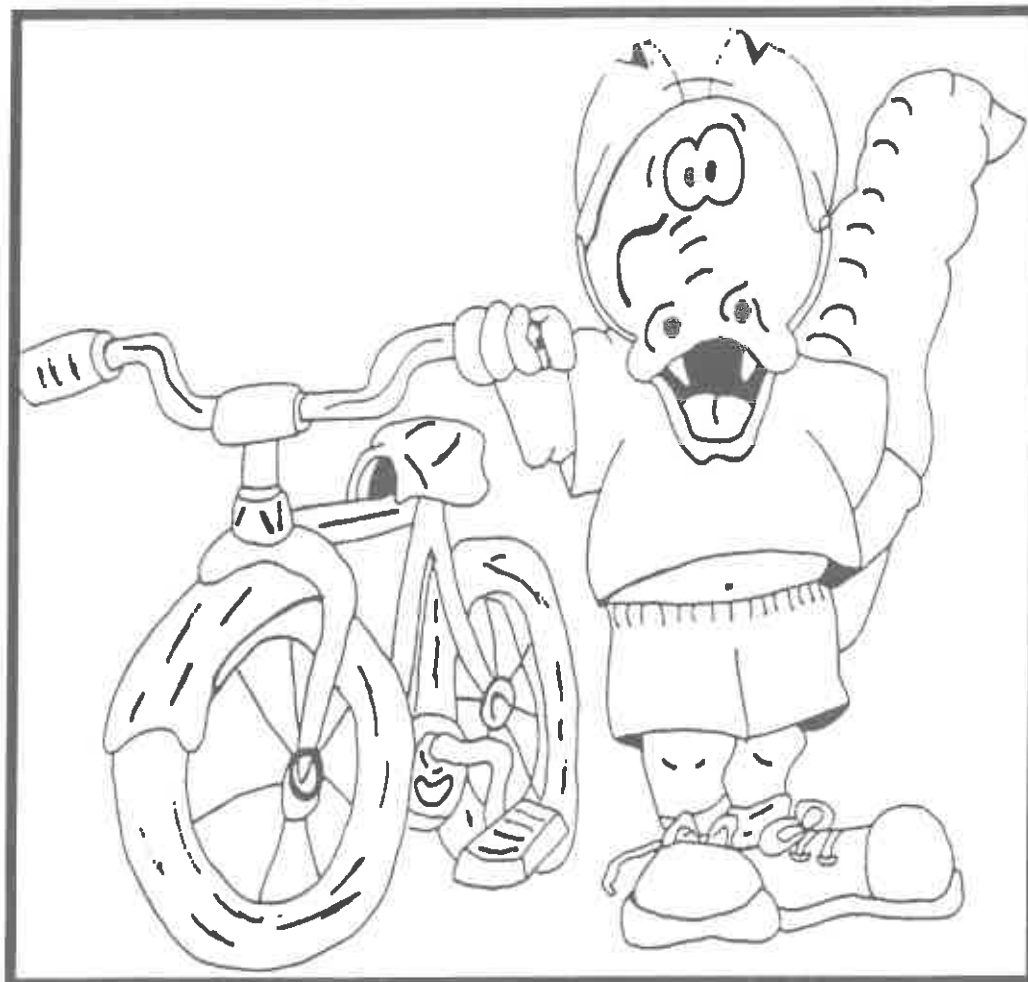
Find these words: Pedals, Handlebars, Trail, Reflector, Bell, Kickstand, Spokes, Helmet, Lock, Safety Rule, Fix, Hand Signal.

P	A	I	L	R	Q	L	Q	N	T	F	D	J	F	D	J	L	P	Q
Z	R	T	N	E	Z	L	D	G	L	J	B	E	L	L	L	G	T	J
G	P	X	X	F	K	I	C	K	S	T	A	N	D	X	J	K	J	D
Z	G	Q	Q	L	I	T	X	G	Z	J	P	C	T	K	C	X	K	Z
N	R	D	Z	E	D	X	T	Z	C	C	E	J	Q	K	K	J	G	Q
X	P	A	H	C	H	A	N	Z	Q	T	J	D	S	P	O	K	E	F
F	N	Q	F	T	C	J	D	H	E	J	C	S	A	K	K	G	G	S
J	D	J	F	O	T	C	S	X	L	P	G	A	F	L	J	G	J	L
D	L	B	D	R	Q	C	I	T	X	M	G	F	L	L	S	C	G	O
L	E	S	C	H	H	G	G	Z	E	Q	H	E	G	J	F	Z	X	C
X	B	Q	H	G	C	G	N	P	Z	C	A	T	D	X	R	H	Z	K
R	Q	A	R	S	L	A	P	C	Z	C	F	Z	Y	R	U	L	E	Z

Note to Adults: Have children (grades 4–6) complete the Bike Safety Word Search. Use these words in a family or neighborhood bike safety spelling test. You may also wish to have your group meet with a law enforcement officer and discuss the different safety features and safety rules that aid in making bike riding safe.

Always wear a helmet
and protective gear
when cycling.





Turning
Left



Turning
Right



Slow or
Stop

BICYCLE SAFETY RULES

ALWAYS wear your **BICYCLE HELMET**.

OBEY all traffic rules. **STOP** at all stop signs and stop lights. After stopping, **ALWAYS** look left, right and left again.

WATCH for cars and signal before moving left.

RIDE with the flow of traffic.

WEAR bright color clothes.

USE hand signals to tell others you are changing direction.

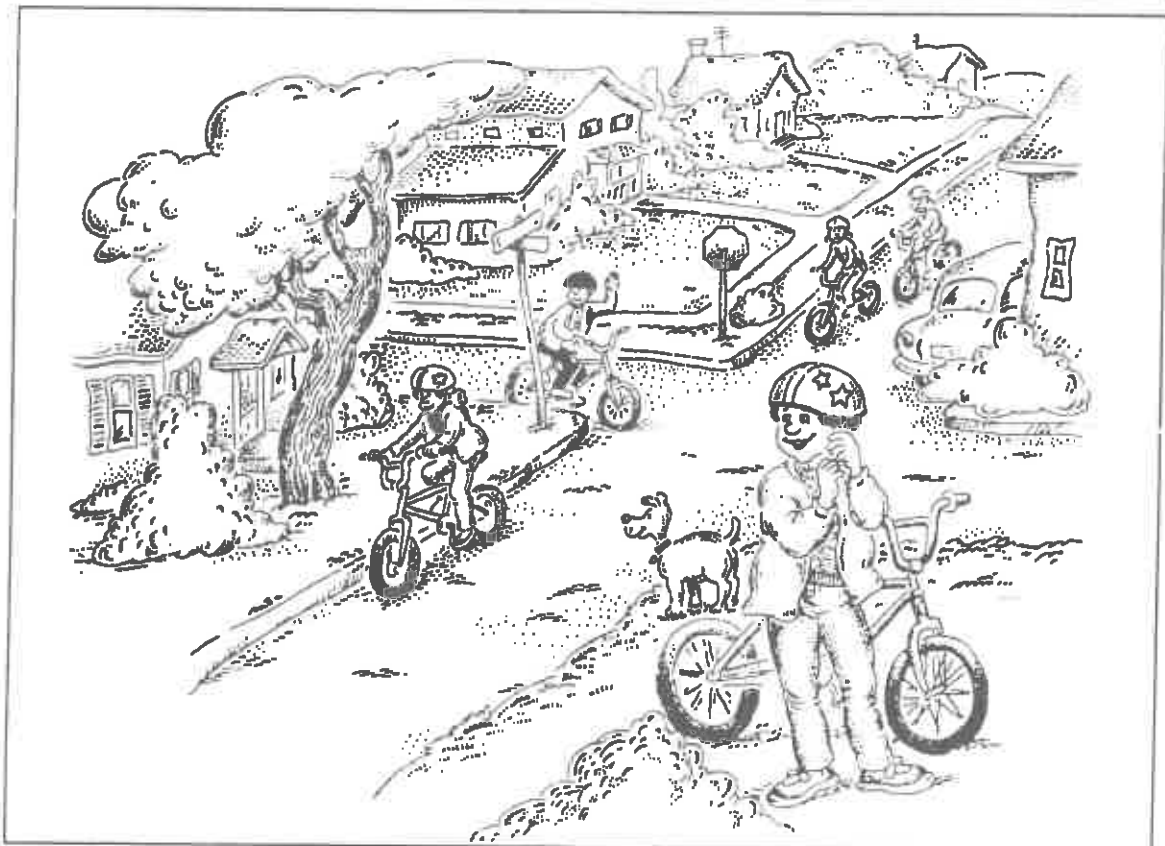
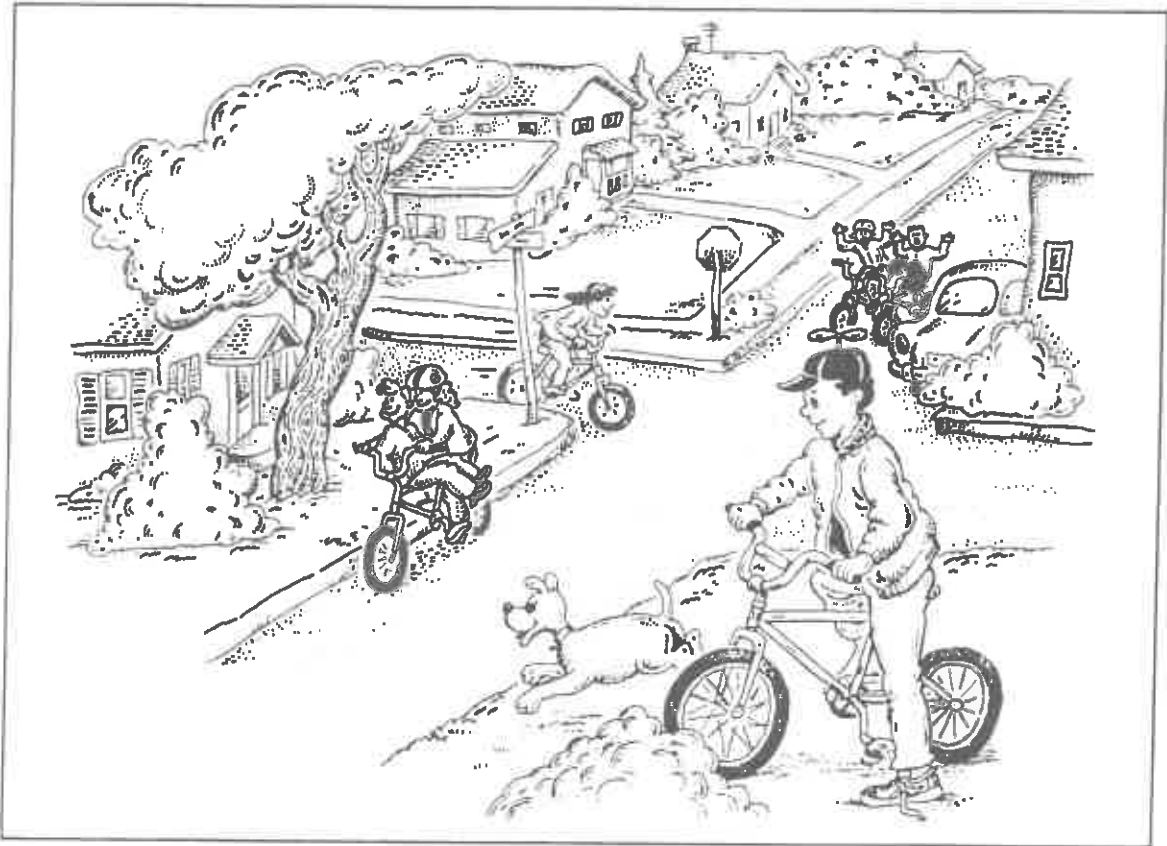
WATCH for others leaving and entering driveways.

RIDE on the sidewalk, if legal, until your parents let you ride on the street.



What's Wrong With This Picture?

Circle the unsafe activities in the top drawing. Use the bottom drawing as your guide.



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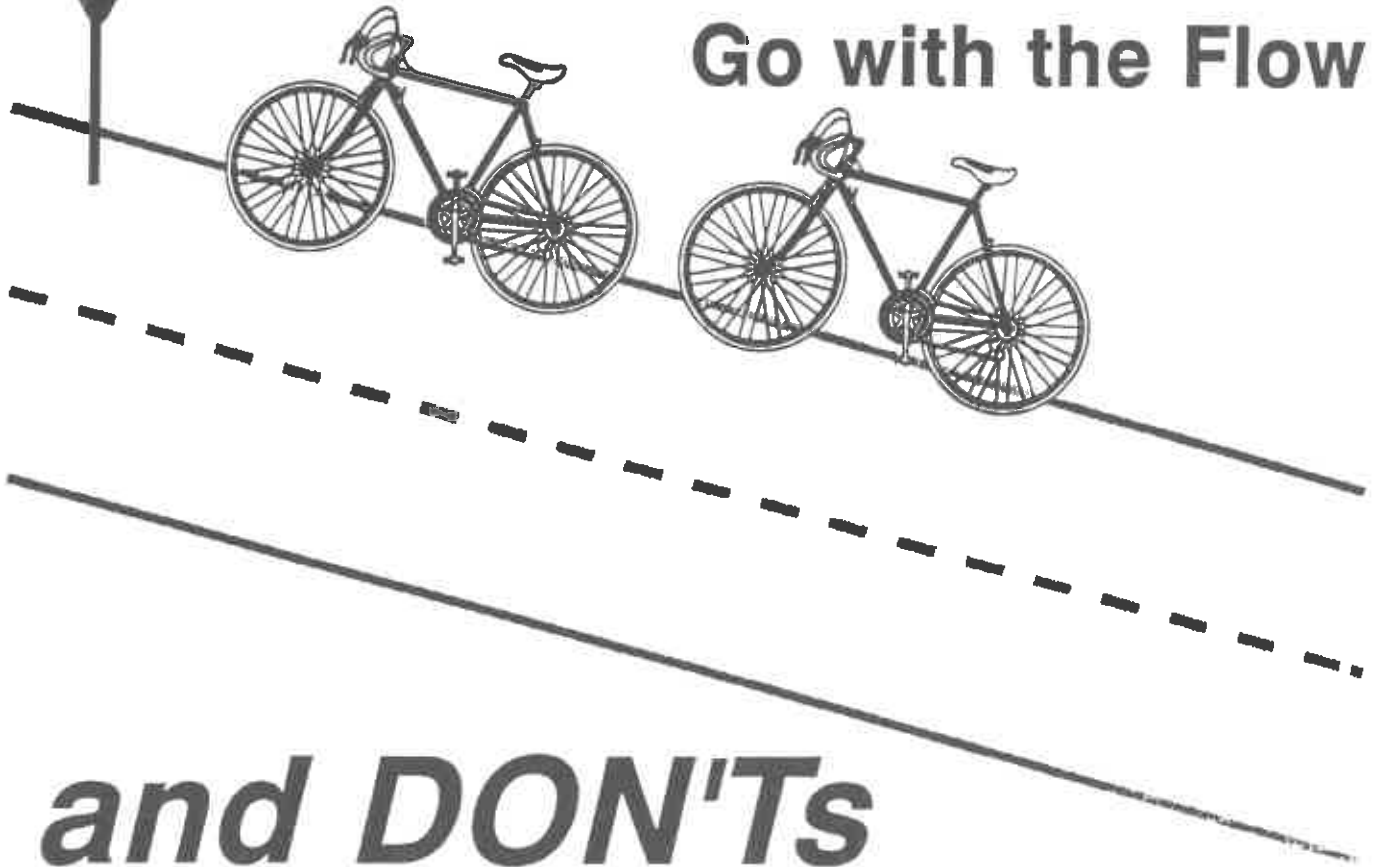
Bike Riding DOs

Obey the LAW (Laws apply to Cars & Bikes Alike)



Ride Single File

Go with the Flow



and DON'Ts



Ride Double

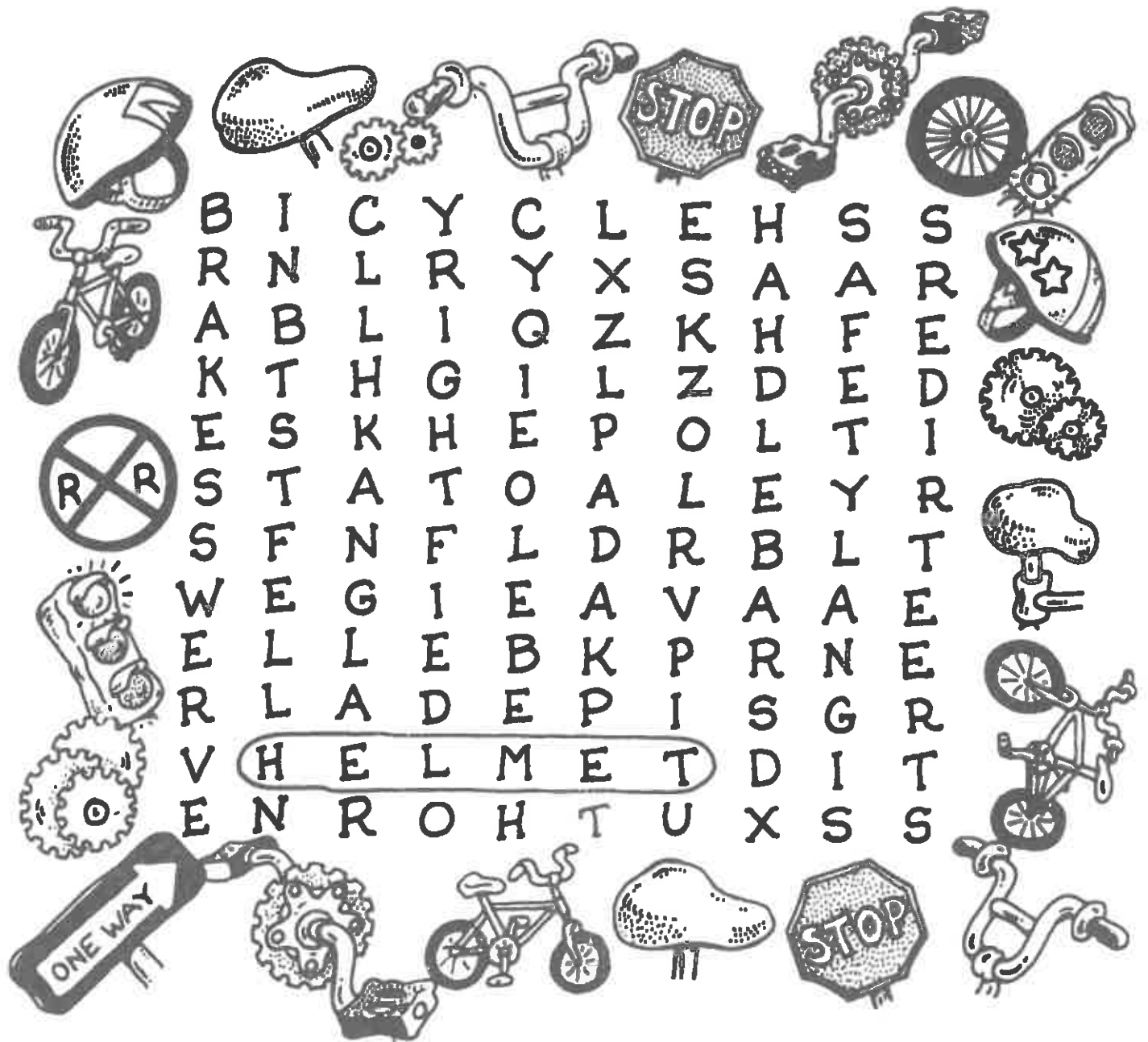
(One Seat - One Rider)

Wearing Headphones

Ride Without a Light at Night

Bike Safety Search

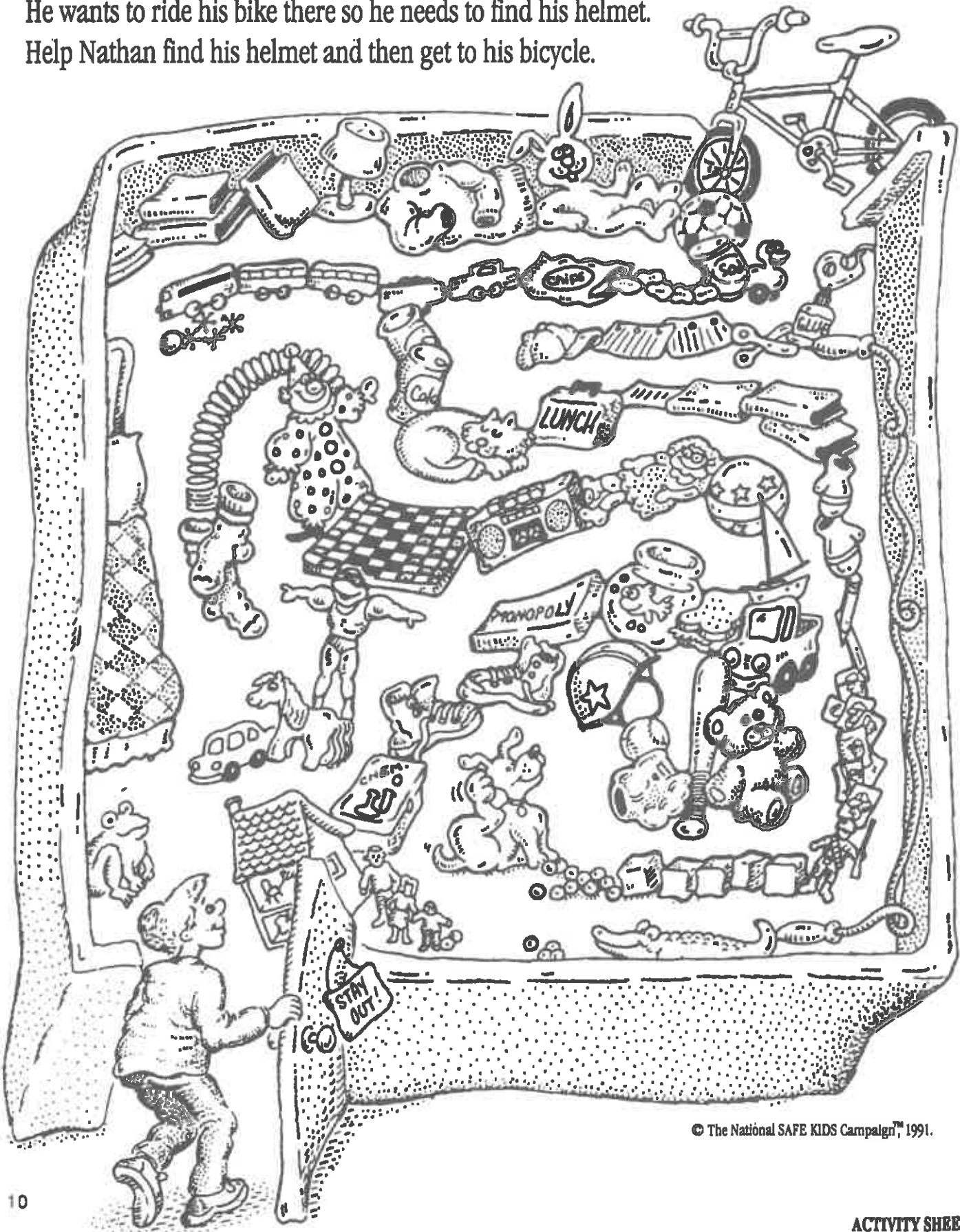
Find the words in the alphabet soup.
We've circled one to help you get started.



- | | | | |
|---------|------------|-----------|------------|
| Bell | Handlebars | Light | Safety |
| Bicycle | Helmet | Pedal | Signal |
| Brakes | Horn | Right | Stretrider |
| Gear | Left | SAFE KIDS | Swerve |

Bike Helmet Maze

Nathan is on his way to his friend Michael's house.
He wants to ride his bike there so he needs to find his helmet.
Help Nathan find his helmet and then get to his bicycle.



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MAKE EVERY bicycle ride . . . A SAFE ride!

Helmet use is the only way to protect your child's head while riding.

Here's how a bike helmet should fit, so it can do its job.



Wear a helmet straight and level

A bike helmet must rest straight on the top of the head. The rim must be level from front to back. The front should be just above the top of the eyebrows, like this:



This helmet fits correctly.

This position shields the wearer's forehead— and brain—best. If the helmet is tipped back, the front of the head will not be protected.

Did you know? A helmet can reduce the risk of serious head injury by 85 percent.

Adjust the helmet for a snug fit

A helmet must stay in place. If it moves around from side to side or back to front, it could slip off in a crash.

Put foam pads inside the rim to make the helmet fit snugly. These pads, some thick and some thin, come with the helmet. As the child's head grows, put in thinner pads.



This helmet is too far back on the head.

It is best for every child to have his or her own helmet. It can be adjusted to fit his or her head properly.

Buckle the strap under the chin on every ride.

Adjust the straps so the helmet stays on top. The chin strap should be snug, with space for only one finger when it's buckled.

Safe riding tips for families

- ▲ Teach your child the helmet habit beginning with the first tricycle or riding toy! This is the easiest time.
- ▲ Help children under age 9 find places to ride off the street.
- ▲ A bicycle is a vehicle. Know, follow, and teach your children traffic rules.
- ▲ You, as the parent, can judge when your child is ready to start riding on the street. Think about his or her riding skills and understanding of the rules of the road.
- ▲ Don't allow children to ride at dusk or in the dark. These are the most dangerous times, even for older children and adults. Make sure your child knows to call home if stuck on the road at dusk.
- ▲ If you ride, be sure to use a helmet, too. Your child learns the most from what you do.

Adapted in part from a pamphlet developed by the Washington Children's Bicycle Helmet Coalition in cooperation with Harborview Injury Prevention and Research Center and the Seattle-King County Department of Public Health.





Safe 'Cycling

Kentucky Crime Prevention Coalition

P O Box 18442

Erlanger, Kentucky 41018

(859) 727-2678

1-888-798-KCPC

