



Bike: Cycling Safety Tips

- ★ **Check your ride.** Ensure your kids' bikes are adjusted correctly for their height and have them do a bike check before riding to ensure tires are inflated and brakes are working properly.
- ★ **Be prepared.** Bike safety training and knowing the rules of the road are important for the safety of riders. Protect young riders by using designated riding areas when possible.
- ★ **Stay on the right side of the road.** Always ride on the right side of the road in the same direction as traffic to make you more visible to drivers. Adults should lead kids by cycling single file and having them repeat hand signals. Drivers should also give cyclists space on the road and be aware of the risks when opening car doors.
- ★ **Assess your child's navigational skills before riding on the road.** Children develop better physical and cognitive skills around age 10 - but their ability to ride on the road may depend on their experience, environment and development. Not sure if your child is ready to ride solo? Consider traffic volume, the number of intersections and your child's level of experience before making a decision.
- ★ **Be seen and heard.** Make sure drivers can see you at all times. Wearing bright, reflective clothing and equipping your bike with flashing lights and reflectors help increase 360- degree visibility. A working bell will also alert other riders and pedestrians when you are close or passing.

For more information, visit
www.myhealthunit.ca