



### DO THE EYES, EARS, & MOUTH TEST TO MAKE SURE YOUR HELMET FITS:



First adjust your helmet so it is level and snug.

**EYES** - you should see the very edge of your helmet when you look up.

**EARS** - the straps should meet right under your ear lobes to form a Y.

**MOUTH** - the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you open your mouth you feel the helmet pull down on the top of your head.

### DRESS BRIGHT AND TIGHT

Wear light or brightly colored clothing so that drivers can see you.

Tuck away shoelaces and backpack straps.

Tuck in or roll-up pant legs.

# Be a Safe Bike Driver



### CHECK YOUR BIKE WITH THE ABC QUICK CHECK:



**Air** - pinch the tires, they should be hard.

**Brakes** - make sure brakes work and don't rub the tire.

**Chain** - make sure you can shift gears and the chain is tight.

**QUICK** - make sure the quick release levers on the wheels and other bolts are tight.

**CHECK** - make sure nothing else on your bike is broken.

### OBEY THE RULES OF THE ROAD

Always stop before entering the road and look both ways.

Ride on the right, in the same direction as cars.

Ride single file in a straight path.

Obey traffic signs, signals, and laws.

Look back and signal before turning.

Stop for people walking.

If you ride at night you need a white front light and a red rear light.

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