

Name: _____ Date: _____ Period: _____



BICYCLE SAFETY BASICS



WHO NEEDS TO KNOW ABOUT BICYCLE SAFETY?

Anyone who _____ or _____!

When you ride, you're _____ the road. Let's learn how to ride safely to protect
_____ and _____.

WHY DOES BICYCLE SAFETY MATTER?

Because _____ happen — and most are _____.

In the U.S. in 2022: _____ bicyclists were killed and _____
bicyclists were injured. The highest injury rates were in the _____ age group
followed by those in the _____ age group.

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USE THE RIGHT GEAR

You don't need _____ equipment, but you do need the _____:

1. A bike that _____ — if it's too big or small, it's harder to _____.
2. A bike that _____ — it doesn't matter how well you ride if the _____ don't work.
3. A _____ front light, _____ rear light and _____ on your bike.
4. _____ clothing, _____ gear and a _____.

LET'S TALK HELMETS

Listen, we know they're not the most fashionable accessory — that's not what they're for.

_____ is in style. Your helmet should:

1. Sit _____ and _____ on your _____.
2. Buckle snugly under your _____.
3. Not _____ side-to-side or fall off when you _____ your head.

Wearing a helmet reduces your risk of injury by up to _____!

MORE ABOUT HELMETS

Helmets protect your _____. That's why we wear one every time we ride.

Even if you're "just riding _____. Even if you're going _____.

Even if your _____ aren't wearing one.

Street smart riders _____ themselves. No one wants permanent brain injuries.

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BEFORE YOU RIDE

Don't forget to do these things before you leave on your ride:

1. Put any items you're carrying in a _____ or a _____ attached to the bike.
2. Tie and tuck _____ and fold up _____ so they don't get caught in your _____.
3. Plan your _____ — when possible, choose routes with less _____, _____ speeds and _____ lanes.

KNOW THE RULES OF THE ROAD & STAY ALERT

When you're on a bike, you're expected to pay _____ and follow the same _____ rules as _____.

1. Obey _____ signs, signals and road _____.
2. Drive with the _____ of traffic, in the same _____.
3. Yield to _____.
4. Watch for cars pulling out of _____ or turning at _____.
5. Look for things that could make you _____, like potholes, cracks, pebbles or wet leaves.
6. Don't _____, listen to music or do anything that _____ you by taking your eyes, ears or mind off the road.

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HAND SIGNALS 101

Bikes don't have _____ — you are the _____!

Learning _____ basic hand signals can _____ you from hazards and help prevent _____. Use these about _____ feet before you turn or stop so drivers and other road users know what to expect.

1. Left Turn: Left arm out to the _____
2. Right Turn: Right arm _____ out OR left arm bent _____
3. Stop: Left arm bent _____ with hand _____

BE PREDICTABLE

Don't _____ drivers — let them know what you're doing!

1. Don't _____, swerve or cut through _____.
2. If riding with others, ride in a _____ line.
3. Signal and look over your _____ before changing lane positions or _____.
4. Limit _____ riding. Use _____ when there are pedestrians or when cars are backing out of a driveway. Use a shared _____, when possible.

IMPROVE YOUR SKILLS

No one learns to drive a car safely without _____, and it's the same for riding a bike in traffic. Practice in a _____ environment away from _____ until you feel more _____ on your bike!

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What's one thing you learned today about bike safety that you didn't know before?
