



ADVANCED BICYCLE SAFETY

7th Grade Curriculum



Ride Smarter

You know how to ride safely. Now it's time to go beyond the basics.

- More real-life situations
- More decisions
- More Street Smart confidence



Quick Review What You Already Know

Now let's
LEVEL UP.

Wear a helmet — always.

Ride with traffic and follow
the same rules.

Use hand signals.

Be alert and predictable.

Respect pedestrians and drivers.



The ABC Bike Check

**You can only ride safely on a bike that works.
Before every ride, do an ABC check.**

A = AIR → Tires firm, not squishy

B = BRAKES → Squeeze to test stopping power

C = CHAIN → Tight, clean, not skipping

**Anything loose or weird?
Fix it or take it to a repair
shop before you ride.**

Navigating Intersections

As a pedestrian, you know how to navigate intersections like a pro. Riding a bike is a similar situation.

- Intersections = high alert time.
- Use your hand signals early.
- Never assume a driver will stop.
- Make eye contact with drivers.
- Look in every direction — even behind you.



Riding Near *Parked Cars*

Ever heard of a bicyclist **“GETTING DOORED”**?
You don’t want it.

**Parked cars can swing doors
open into your path.**

- Stay far enough to the left to avoid surprises. But watch for traffic!
- Watch for brake lights and people inside cars.



Road Surface Hazards



When you ride a bike, you're more vulnerable to road hazards than when you're in a car. Some things to watch out for:

- Wet leaves
- Loose gravel
- Drainage grates
- Railroad tracks
- Potholes
- Broken glass

Pay attention and avoid them when you can. Ride straight, slow down and do your best not to panic-brake.

Legal Responsibilities

Riding safely doesn't just protect you — it keeps you out of trouble. Yes — there are bike laws!

MAJOR VIOLATIONS FOR BICYCLISTS IN ARKANSAS:

Failure to operate on **RIGHT HALF** of road

Riding **WRONG WAY** on one-way street

Moving across roadway without **YIELDING**

Failure to use **HEADLIGHT**

Failure to yield the right of way at **STOP OR YIELD SIGN**

Failure to yield the right of way before **ENTERING ROADWAY**

Failure to use **REAR LIGHT OR REFLECTOR**

Failure to **YIELD TO PEDESTRIANS** in crosswalk not controlled by traffic signals



Respecting Shared Spaces

Sometimes you may ride on a path or trail with other cyclists or pedestrians.

Keep it respectful!

- Ring your bell or say “On your left!” before passing others.
- Watch out for pedestrians — even when you have the right of way!
- Slow down around other people.
 - Never block the path when stopped.

Dealing with *Drivers*

Here's what drivers are supposed to do when sharing the road with bicyclists.

- Leave at least **3 FEET** of space when passing a cyclist.
- **LOOK FOR BIKES** before turning or changing lanes.
- Don't drive or park in **BIKE LANES**.
- Before turning, attempt to gain and maintain **EYE CONTACT** with the bicyclist to ensure a safer turn.
- Never pass a bicycle if the street is **TOO NARROW** or you could force the bicyclist too close to parked vehicles.

But as we know, not everyone follows the rules. Stay aware to protect yourself!



Be Prepared

Flat tires, slipped chains and road emergencies happen. Here are some tips to help you be prepared.

- **KEEP A KIT** on your bike with supplies (like a spare tube and patch kit for flat tires).
- Watch some **TUTORIALS ONLINE** to learn simple bike repair and maintenance.
- **DON'T RIDE** on a flat tire. If you can't fix it, walk your bike to a safe location.
- **TAKE A CLASS** to learn emergency maneuvers like quick stops, snap turns and jumps.



NOW THAT'S STREET SMART!

What do you think is the most
important thing to remember
about bicycle safety?

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