

Bike SAFE!

HANDBOOK for KIDS



Autoplanbrokers
INSURING A SAFER BC

www.roadsafety.ca

This Bike Safe! Handbook for Kids belongs to:

Autoplan brokers are committed to a Road Safety Program that is helping to keep our communities and citizens of all ages, especially families with children, safe. The purpose is to help reduce the number of auto-related injuries, fatalities, and crimes in BC through a number of highly visible road safety programs that educate children and youth about positive road safety driving behaviours.

Autoplanbrokers
INSURING A SAFER BC

We want everyone to enjoy their cycling journeys. That's why we are providing you with the **Bike Safe! Handbook for Kids** – it is your personal guide to help you remember how to cycle safely.

Stay safe and have fun!



Your **Helmet**

Choose a helmet that:

- ▼ you like.
- ▼ meets a standard (Snell, ASTM, CPSC or CSA).
- ▼ fits snugly. You should not be able to fit your fingers up between your head and the helmet.
- ▼ is preferably a bright colour (you want to be seen).
- ▼ has adjustable straps (always buckle the straps).
- ▼ is new or relatively new (most have a 5-year life span or one impact).



Incorrect



Incorrect



Correct!

Other **Important Equipment**

Your bike should have an operating bell, rear red light or reflector and a white front light (for riding at twilight, at night and in poor weather conditions).

Wear light-coloured or reflective clothing so that you are easier to see.

To

Fit a Bike

Straddle the top tube (seat) with your feet flat on the ground. Lift the bike.

You should be able to lift it approximately 3 cm off the ground. Use a metre stick to simulate a horizontal tube if the bike has a sloping top tube.



Sit on the seat.

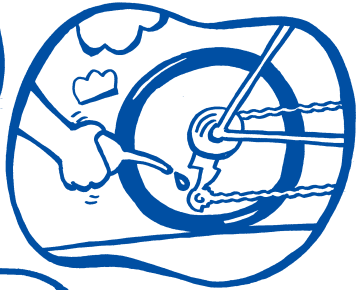
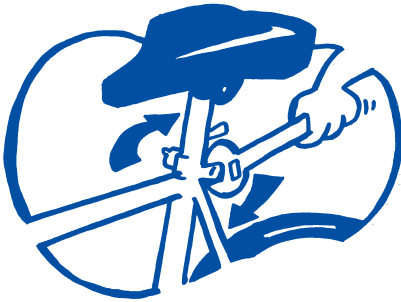
You should be able to touch the ground with the balls of your feet.

While you are seated and have both feet on the pedals, your low pedal

leg should be bent slightly at the knee.

The

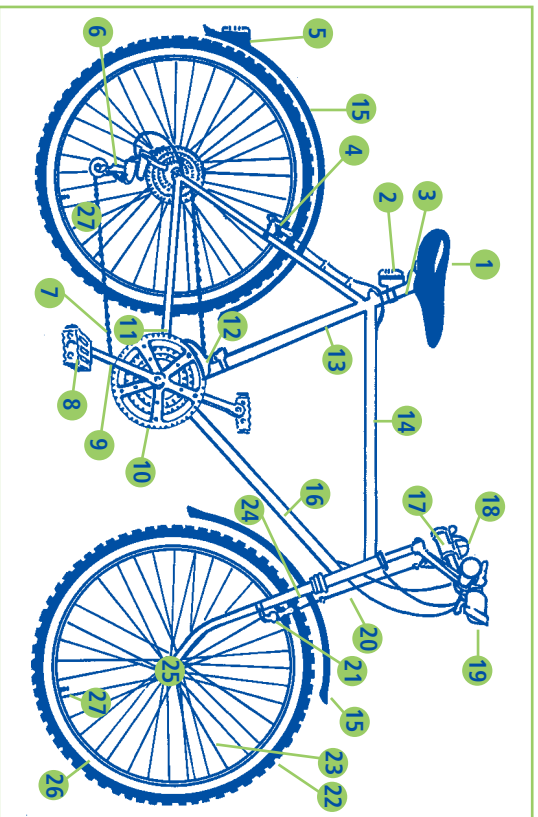
Mechanical Safety Checklist



Check your bike regularly:

- Do the front and rear lights work and are they secured to the frame?
- Is there a reflector light?
- Are the handlebars straight, secure and properly adjusted?
- Are the wheels tight on the frame and spinning freely?
- Are the wheels fully spoked?
- Is the seat tight to the frame and adjusted for leg length?
- Is the chain oiled? (Make sure chain is not excessively tight.)
- Are the tires in good condition and inflated to the recommended pressure?
- Are the brake cables fastened and operating properly?
- Are there loose nuts or bolts?
- Have you performed the drop test? Pick up the bike, by the handles and seat, a few inches off the ground and gently drop it. If there are any strange rattles, check out the source.
- Have you regularly oiled or greased all moving parts?
- Have you had your bike professionally checked this year or when you were concerned about anything?

Your Bike



- 1 Seat
- 2 Rear Light
- 3 Seat Stay
- 4 Rear Brake
- 5 Red Rear Reflector
- 6 Rear Derailleur
- 7 Chain
- 8 Pedal
- 9 Crank
- 10 Chain Ring
- 11 Chain Stay
- 12 Front Derailleur
- 13 Seat Tube
- 14 Top Tube
- 15 Fenders
- 16 Down Tube
- 17 Handlebar Grip
- 18 Bell
- 19 Front Light
- 20 Brake Cable
- 21 Front Brake
- 22 Tire
- 23 Spokes
- 24 Fork
- 25 Hub
- 26 Rim
- 27 Valve



The Top 15 Rules of the Road

Remember, your bike is a vehicle, not a toy, so use it carefully. On the following pages, you'll find "The Top 15 Rules of the Road"; be sure to review them regularly so that you always know how to bike safe.

#1 Obey Traffic Rules

Bikes are vehicles – obey the same rules as motorists. Signals, signs and lights are for bikes as well as cars.

Hand Signals:



Left Turn



Right Turn



Slow Down/Stop

Traffic Control Signs:



Stop - Come to a full stop. Check for traffic all ways. Proceed when safe.



Traffic Lights Ahead



Crosswalk - Slow down. People on foot have the right of way at a pedestrian crossing.



Yield - Slow down or stop for traffic.



Railway Crossing - Slow down. Look both ways and listen for train. If there is no train, proceed with caution. Always cross tracks at right angles or your wheels may get caught.



No Cycling Allowed



Playground Ahead - Proceed with caution, children at play.



Cycling Allowed



Wildlife in Area - Proceed with caution, wildlife may cross your path in this area.



Slippery Road - Proceed with caution; this section of the road may be slippery.



Arrow - Proceed only in the direction of the arrow.



Rocks - Proceed with caution; rocks may have fallen on the road.



Do Not Enter

#2 Wear a Helmet

It is the law to wear a helmet when riding your bike. Wear it at all times with straps firmly fastened. For an example of how to correctly wear your helmet, see page 4 of this booklet.

#3 Keep to the Right

Ride single file, in a straight line, and always with the direction of traffic. The recommended riding zone for bikes is 1 metre from the curb or parked cars.



#4 Shoulder Check

Look to the left then right, and shoulder check before stopping or turning. Signal well in advance, then use both hands to control your bike.

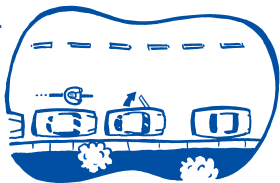


#5 Turn with Care

Most incidents occur at intersections. Look and listen before proceeding, perform hand signal, and obey all traffic signs and lights.

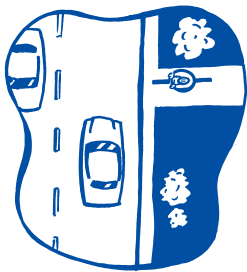
#6 Beware of Parked Cars

Pass parked cars with caution. Leave adequate distance to prevent being hit if a car door opens or a vehicle pulls out into the traffic lane.



#7 Beware of Roadway Hazards

Be careful pulling out of driveways and alleys, or when entering traffic. Stop and look all ways before entering a roadway. Try to make eye contact with the driver to make sure s/he sees you. Cross railway tracks at right angles. When weather conditions are poor, slow down, apply brakes earlier, and be extra careful.



#8 Pedestrians Have the Right of Way

Ride slowly and yield to pedestrians when riding on paths or walkways. Walk your bike in crosswalks.

#9 Be Visible

Always be visible to others. Equip your bike with front and rear lights and a red rear reflector. Wear light-coloured or reflective clothing. Avoid biking at night.



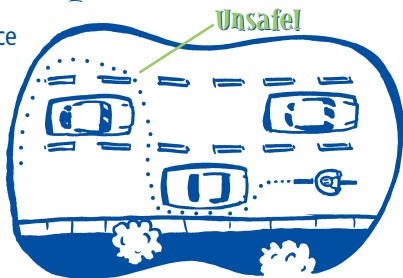
#10 Avoid Heavy Traffic



Plan your route to use bike paths and less heavily travelled roads. Avoid high volume traffic or high-speed roadways until you are advised by an adult that you have developed the necessary safe biking skills.

#11 Ride Safely

Don't weave, race or stunt-ride in traffic; don't carry riders or large bundles.



#12 Don't Carry Passengers

Never carry passengers on a one-seated bicycle.



#13 Don't Tow People with Bike

Unless you are properly using equipment specifically made for safe towing (i.e. bike trailer), do not pull anyone – in-line skater, another bicycle, skateboarder, scooter – with your bike.



Unsafe!

#14 Both Hands on Handlebars



Unless signalling, both hands should be on handlebars at all times.

#15 Pass Cyclists Safely

If passing a cyclist, look behind for approaching traffic and use a bell, horn or voice to indicate you're passing.

Note to parents:

Autoplan brokers are committed to helping you and your children make safe choices on the road. That's why we provide families with free resource materials and tools like this handbook, the *Road Safety for Kids & Parents* brochure and the *On the Road to Safety* children's activity book.

To find out more about what Autoplan brokers are doing to help protect your children, visit your local broker office and www.roadsafety.ca.

Autoplan brokers ... insuring a safer BC for children, youth and families.