

# "Notes From School"

## Bicycle Safety

Spring has sprung and summer is just around the corner. To many people, both young and old, that means bike riding season is upon us. With that comes an opportunity to remind everyone that is either riding bicycles or around others riding bicycles, some helpful tips. Safe Kids Worldwide acknowledge that there are so many great reasons to ride a bike: It offers fun, freedom, and exercise, and it's good for the environment. Here are a few tips that their organization have put together so that you'll be safe while you do so.

- Use your head, wear a helmet. It is the single most effective safety device available to reduce head injury and death from bicycle crashes.
- Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals and signs.
- Make eye contact with vehicle drivers. Bikers should make sure vehicle drivers are paying attention and are going to stop before they cross the street.
- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Actively supervise children until you're comfortable that they are responsible to ride on their own.

If you are interested in finding out more about bicycle safety, please visit the Safe Kids Worldwide website at: [www.safekids.org/bike](http://www.safekids.org/bike) or visit the National Highway Traffic Safety Administration (NHTSA) website at: [www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles)