



Bicycle Safety for Kids:

Prepare You and Your Bicycle for a Safe Ride

You may think that your child is safe because they only ride around the neighborhood, but many serious bicycle crashes happen on quiet neighborhood streets.

When it comes to children and bicycles, it is the parent's responsibility to be sure their children are prepared with some basic safety tips.

- Use your head: Always wear a helmet that fits while riding a bicycle. Wearing a helmet decrease head injuries by about 85 percent.
- Children under age nine, or new riders, shouldn't ride their bikes in the street. They are not able to identify and adjust to dangerous traffic situations.
- Choose a bike that fits your child.
- Be very visible: Don't ride in the dark and consider wearing light colors and adding reflectors to your ride.
- At crosswalks: Get off your bike and walk it across the street at all crosswalks.
- Keep your bike in tip-top shape; be sure the seat is adjusted correctly and locked tight. Tires should be properly inflated and spokes tight and straight. Check brakes for power and distance. Be sure chains and pedals are oiled and tight.
- Preventing Bicycle theft: Know your serial and Model number. Always lock your bike when you must leave it unguarded, secure both the frame of the bike along with both wheels. Register your bicycle with your local police department; this will increase the chances of it being recovered.