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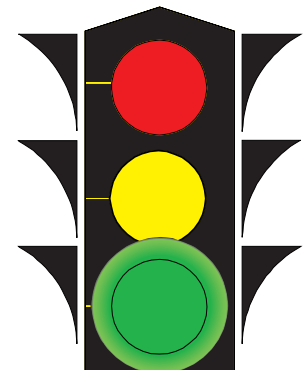
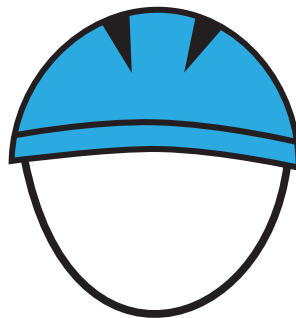
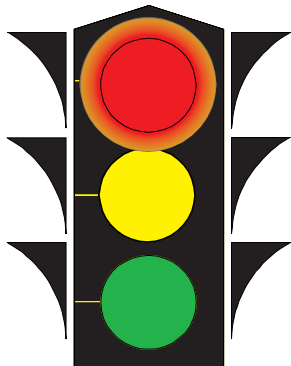
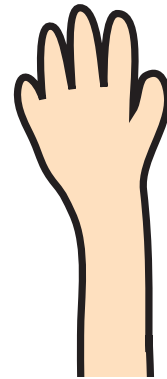
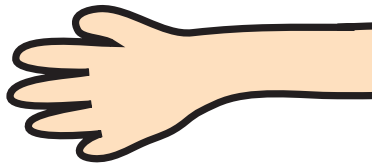
Kids Activity Downloads

Activity BINGO Sheets.pdf
Activity Memory Sheets.pdf
Answer key ages 4-7 bicycle 101 activities.pdf
Answer key ages 8-11 bicycle 101 activities.pdf
Arrange safety steps ages 4-7 bicycle 101 activities.pdf
Bike Rap.pdf
Closest route ages 8-11 bicycle 101 activities.pdf
Color the signs ages 4-7 bicycle 101 activities.pdf
Colors of safety ages 4-7 bicycle 101 activities.pdf
Complete the safety lesson ages 4-7 bicycle 101 activities.pdf
Connect the dots ages 4-7 bicycle 101 activities.pdf
Connect the dots ages 8-11 bicycle 101 activities.pdf
Crossword puzzle ages 8-11 bicycle 101 activities.pdf
Decorate the helmet ages 4-7 bicycle 101 activities.pdf
Draw a map ages 8-11 bicycle 101 activities.pdf
English bookmark.pdf
Find the safety message ages 8-11 bicycle 101 activities.pdf
Hand Signals.pdf
Helmet head.pdf
Paul amazing trip.pdf
Safety basics ages 4-7 bicycle 101 activities.pdf
Safety draw scene ages 8-11 bicycle 101 activities.pdf
Safety flash cards.pdf
Sarah and her bike.pdf
Sprocket Man.pdf
Walk to school coloring Sheet.pdf
Walk to school crossword bonanza.doc
Word find ages 4-7 bicycle 101 activities.pdf
Word find ages 8-11 bicycle 101 activities.pdf
Word scramble ages 8-11 bicycle 101 activities.pdf

SAFETY BINGO CARD



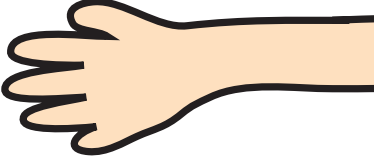
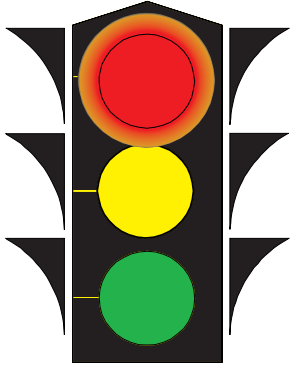


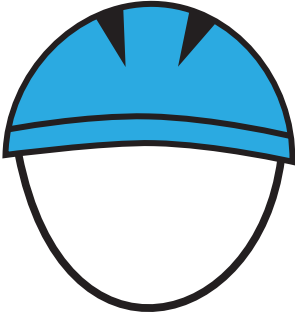
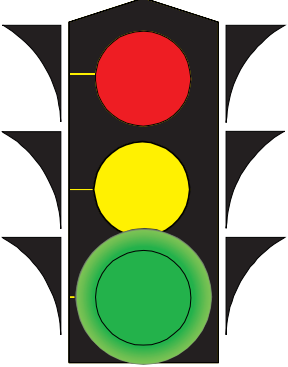
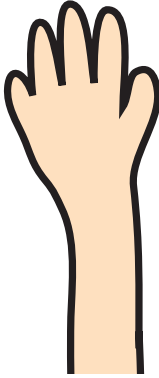


SAFETY BINGO



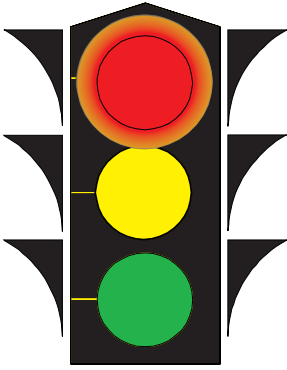


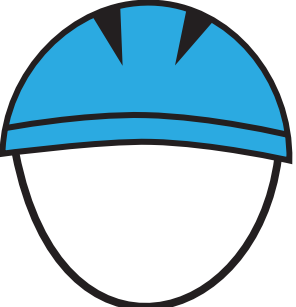
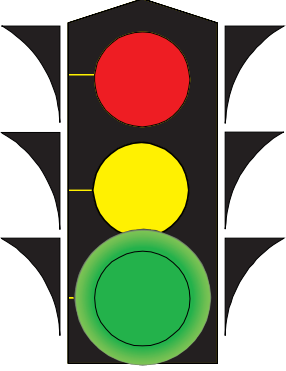


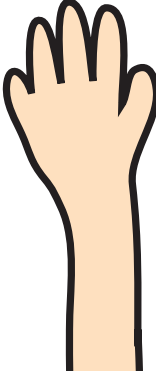
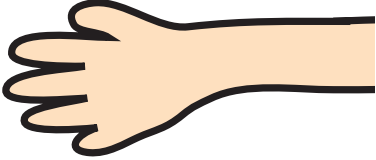
SAFETY BINGO CARD



		
	<p>SAFETY BINGO</p> 	
		

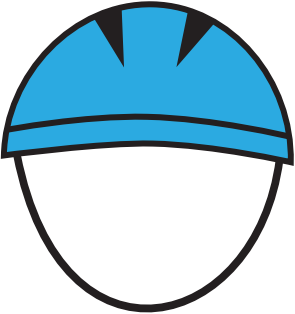
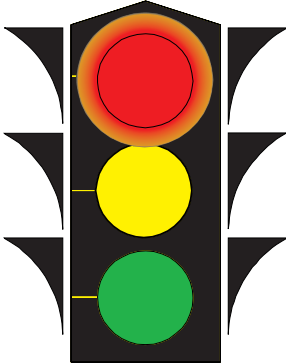


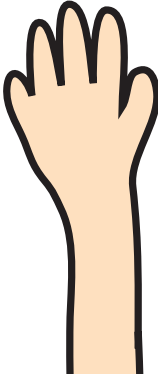
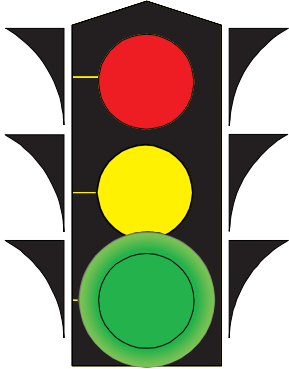


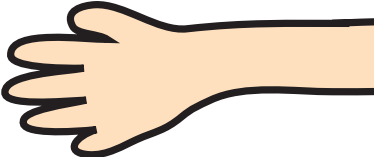
SAFETY BINGO CARD



		
		<p>SAFETY BINGO</p> 
		

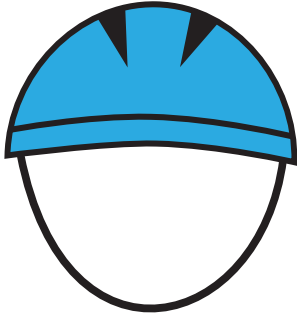
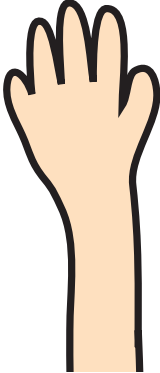
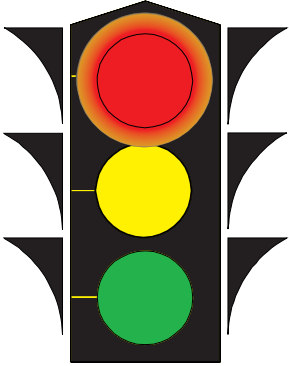

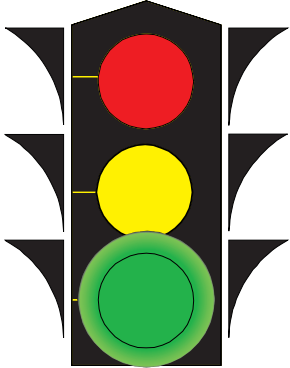
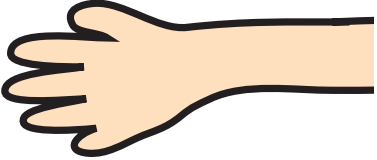



SAFETY BINGO CARD



		
<p>SAFETY BINGO</p> 		
		


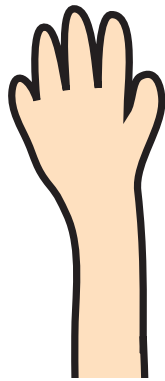
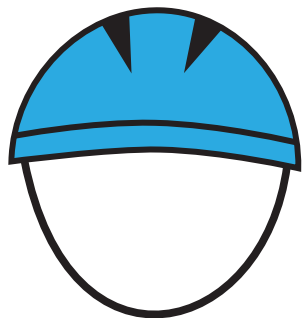


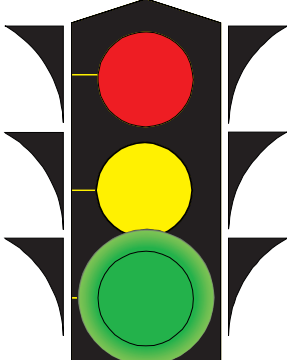
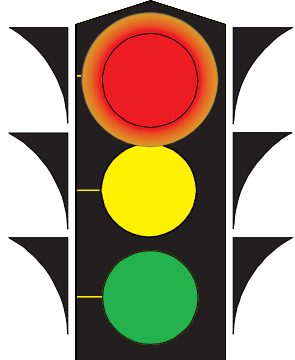
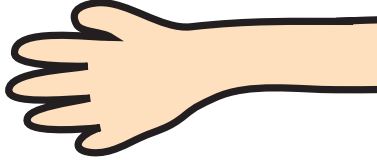

SAFETY BINGO CARD



		
		
	<p>SAFETY BINGO</p> 	

SAFETY BINGO CARD



		
		
		<p>SAFETY BINGO</p> 

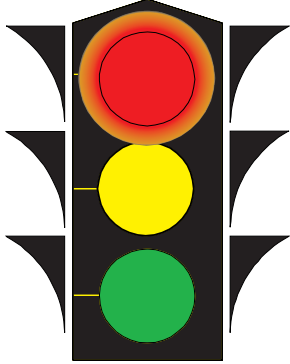


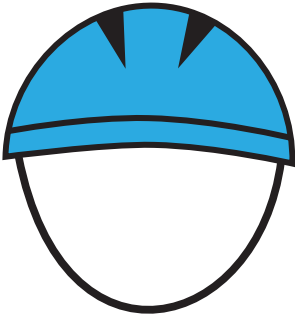
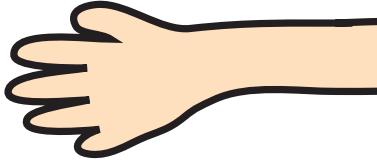


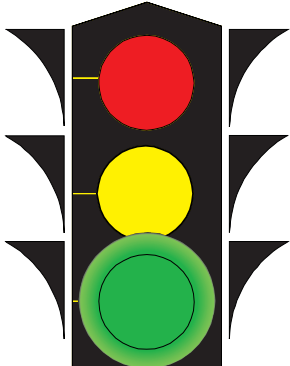
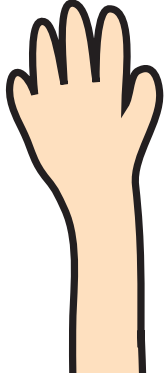
SAFETY BINGO CARD



<p>SAFETY BINGO</p>		

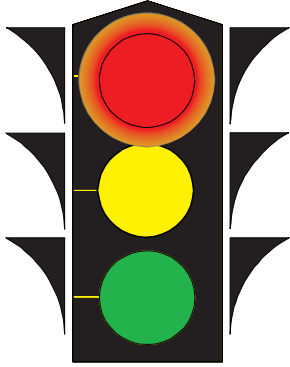

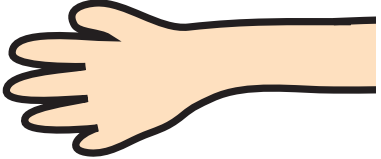
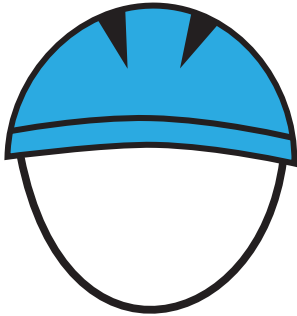
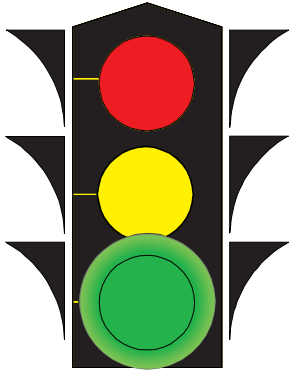



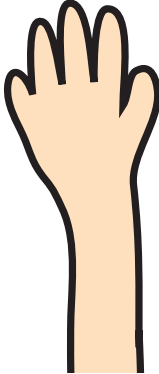
SAFETY BINGO CARD



		<p>SAFETY BINGO</p> 
		
		

SAFETY BINGO CARD





	<p>SAFETY BINGO</p> 	
		
		

SAFETY BiNGO



Cut chips along dotted line  — — —

<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 
<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 
<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 	<p>SAFETY BiNGO</p> 

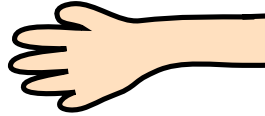
Cut chips along dotted line  — — — — —



STOP SIGN
Come to a complete STOP when you see this sign.



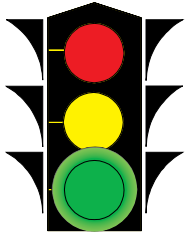
TIRE
Always check the air in your tires before getting on your bike.



HAND SIGN
This signals that you would like to turn left.



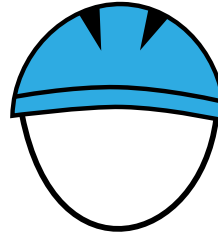
BIKE SIGN
This sign means bicycle crossing warning. Be courteous to others and stay alert.



GREEN
Green means 'go.' But always use caution.



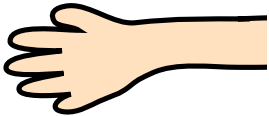
T-SHIRT
See and be seen. Always wear bright clothes when riding.



HELMET
Always wear your helmet.



HAND SIGN
This signals that you would like to turn right.



HAND SIGN
This signals that you would like to turn left.



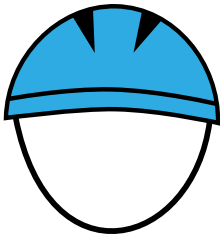
BIKE SIGN
This sign means bicycle crossing warning. Be courteous to others and stay alert.



T-SHIRT
See and be seen. Always wear bright clothes when riding.



TIRE
Always check the air in your tires before getting on your bike.



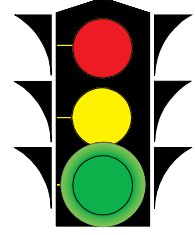
HELMET
Always wear your helmet.




STOP SIGN
Come to a complete STOP when you see this sign.



HAND SIGN
This signals that you would like to turn right.



GREEN
Green means 'go.' But always use caution.

Cut chips along dotted line  — — — — —

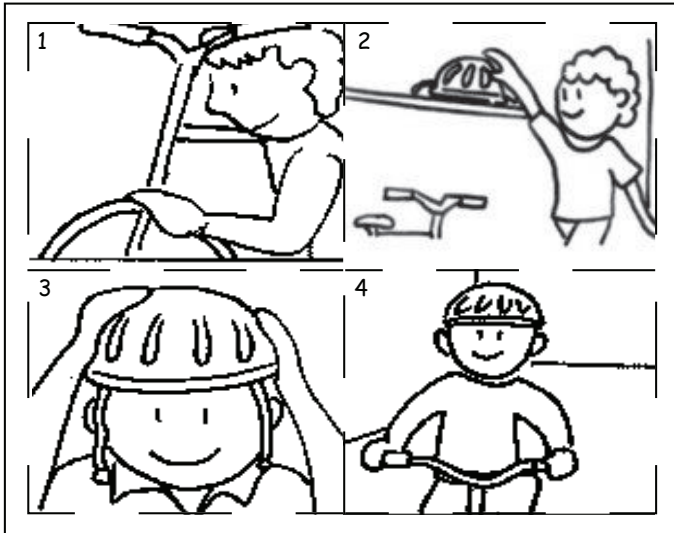


ANSWER KEY SHEET

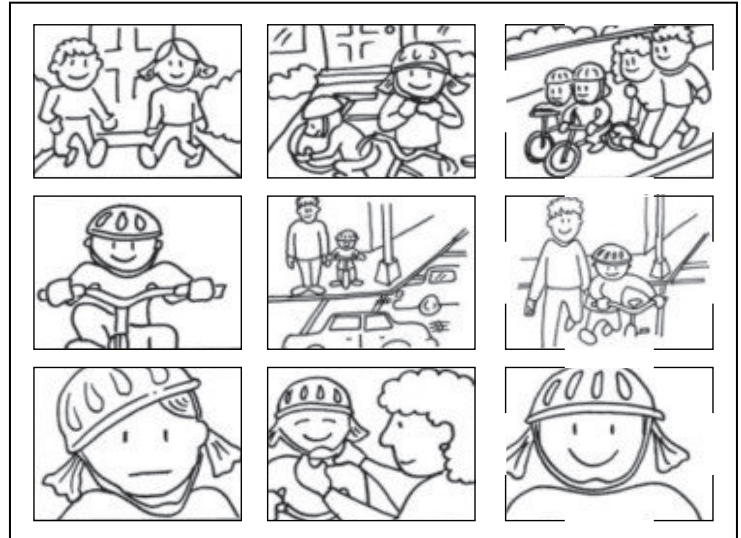


AGES 4-7

ARRANGE SAFETY STEPS



COMPLETE THE SAFETY LESSON



CROSS WITH CARE

1. Stop at the corner.
2. Get off your bike.
3. Look left-right-left before crossing.
4. Walk your bike across the street.

COLOR THE SIGNS

STOP
Come to a complete stop

BIKE SIGN
Bicycle crossing warning

GREEN SIGN
You can go

WORD FIND

HELMET	G	B	R	H	K	Q	R	R
RED	Y	R	W	G	B	I	K	E
STOP	E	O	E	R	U	A	L	D
GREEN	L	Y	H	E	L	M	E	T
BIKE	L	W	V	O	N	G	R	S
YELLOW	O	U	B	I	S	T	O	P
	W	X	K	R	E	N	J	K

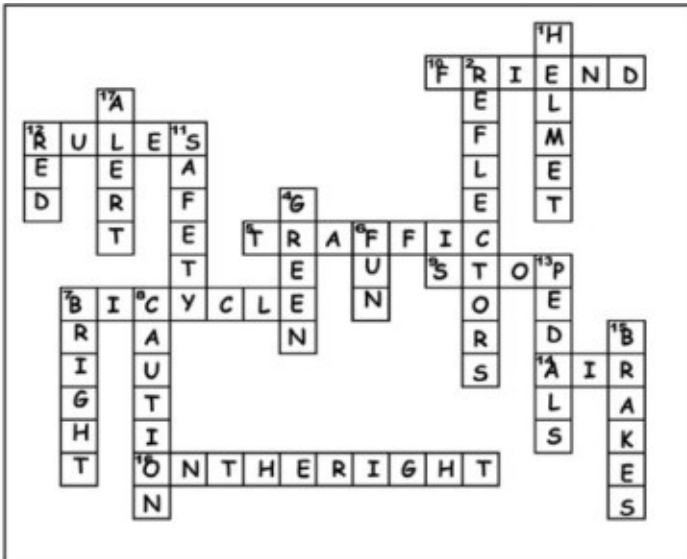


ANSWER KEY SHEET



AGES 8-11

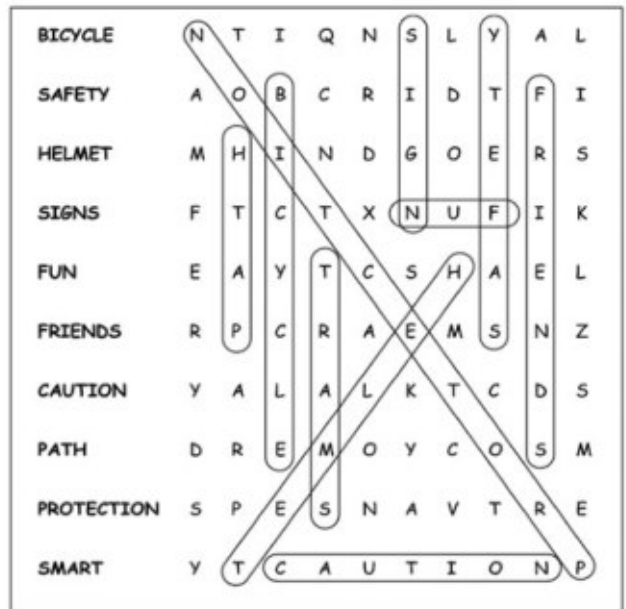
CROSSWORD PUZZLE



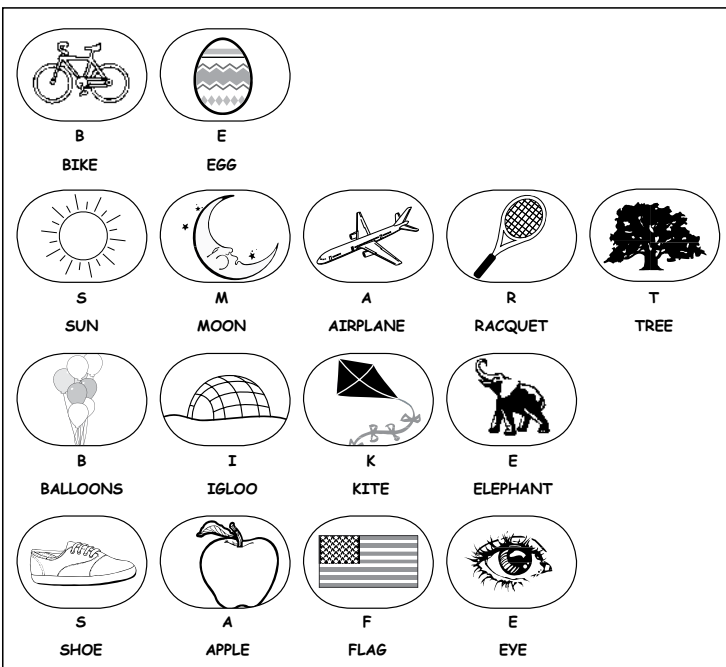
CLOSEST ROUTE

Jake and his parents are going on their bikes to get ice cream.
 How far is Jake's house from Isabel's house if they take the route through the park **2 miles**.
 How far is Jake's house from the ice cream parlor if they take the route by the river **1.2 miles**.
 How far is Isabel's house from the ice cream parlor **1 mile**.
 Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first **2 miles**. **Going by the river, picking up Isabel and then backtracking to the ice cream parlor.**

FIND THE WORD



FIND THE SAFETY MESSAGE



WORD SCRAMBLE

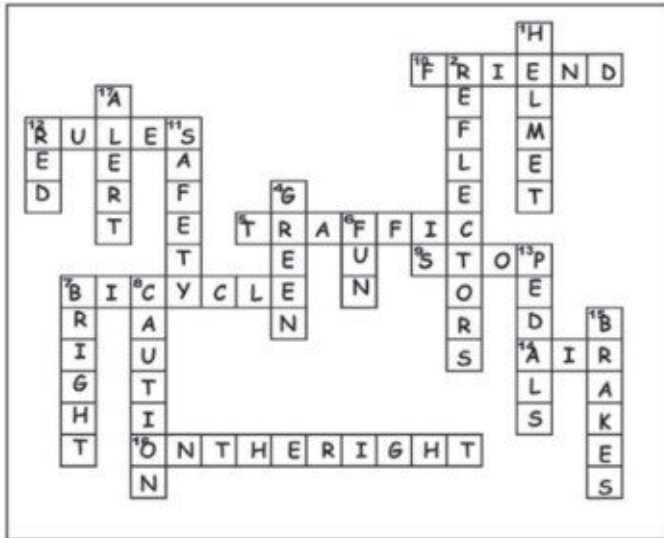


ANSWER KEY SHEET



AGES 8-11

CROSSWORD PUZZLE



CLOSEST ROUTE

Jake and his parents are going on their bikes to get ice cream.

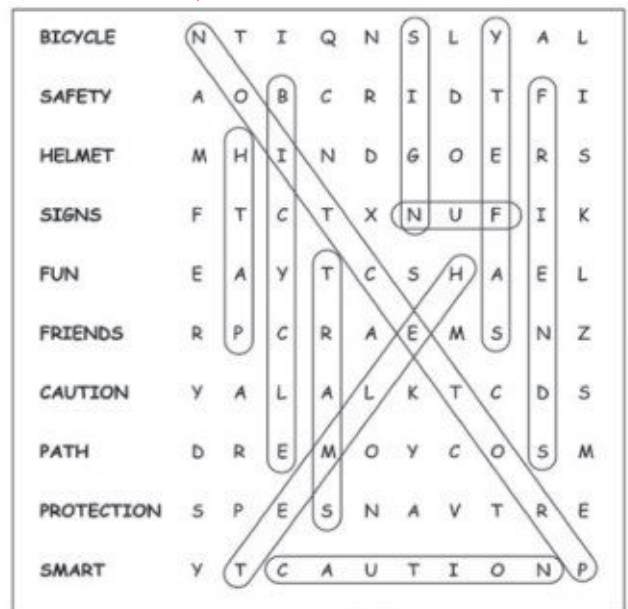
How far is Jake's house from Isabel's house if they take the route through the park **2 miles**.

How far is Jake's house from the ice cream parlor if they take the route by the river **1.2 miles**.

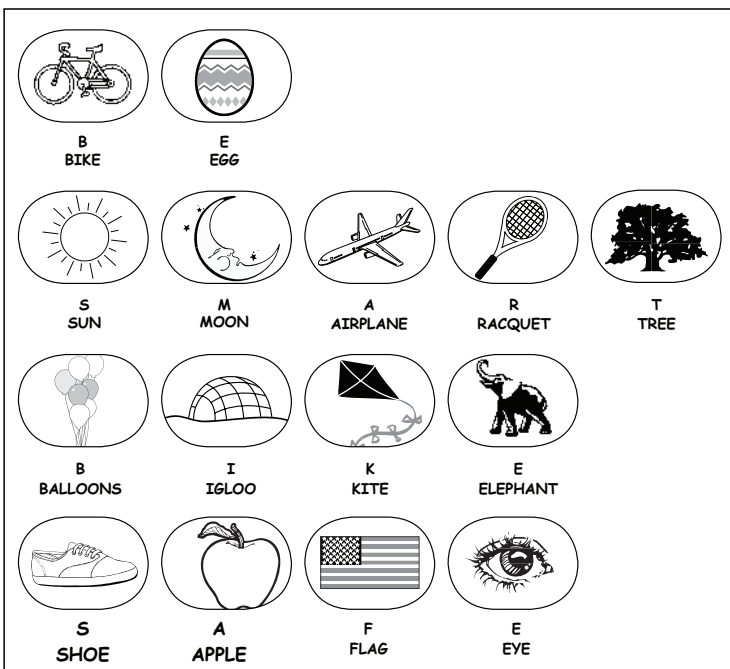
How far is Isabel's house from the ice cream parlor **1 mile**.

Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first **2 miles**. **Going by the river, picking up Isabel and then backtracking to the ice cream parlor.**

FIND THE WORD



FIND THE SAFETY MESSAGE



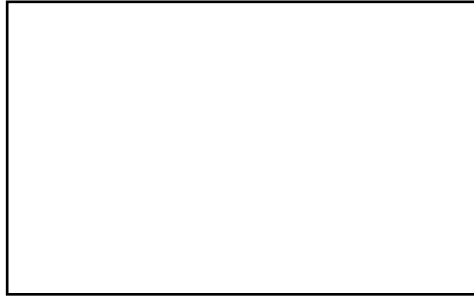
WORD SCRAMBLE



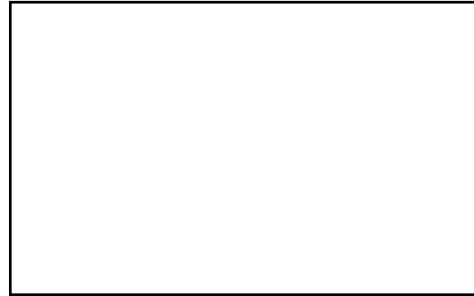


ACTIVITY #5: ARRANGE THE SAFETY TIPS

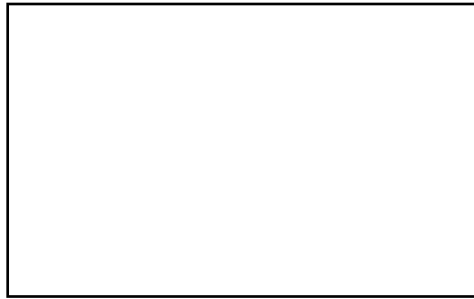
Cut out the four pictures and put them in the order above the numbered boxes.



1



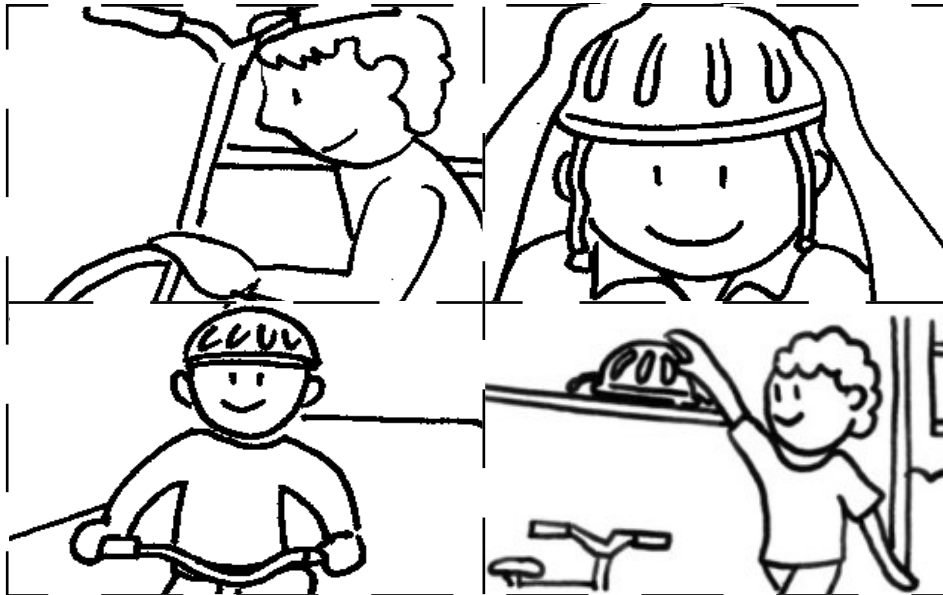
2



3



4



NAME: _____

AGE: _____

Bike Rap

If you're hoppin' on your bike,
And riding 'round town,
Make sure what you're wearing,
Won't pull you down!

Shoe laces, big pants,
a strap, or a sash,
Might catch in your chain,
And cause a big crash.

When you're out on the street,
You're now *driving* your bike,
Eyes up, looking 'round,
Helmet buckled on tight.

Put your helmet on level,
V-straps 'round your ears,
Keep your forehead covered,
Brain injury is feared.

Draw a neighborhood map
With your parents tonight,
Plan the safe route to school,
With each bump, stop, and light.

Stop for people on foot,
And puppies on paw,
It's not just polite,
It's also the law.

Obey every stop sign,
And each signal light,
Flow with the traffic,
Please stay to the right!

Driving your bike,
Independent are you,
As long as you learn,
What you're supposed to do.

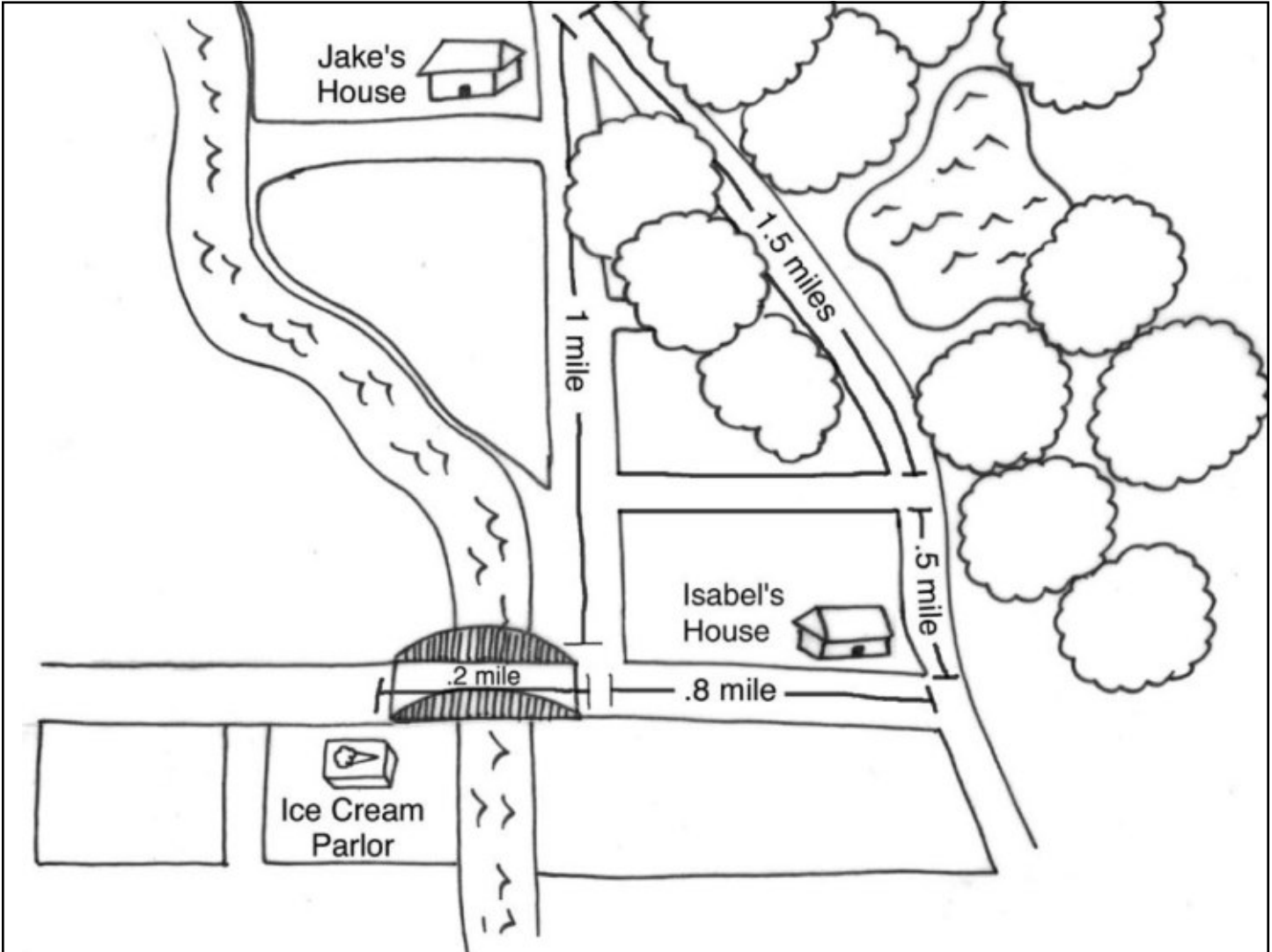
Show that you're able,
To master each rule,
You'll be savvy and free
To bike to school.





ACTIVITY #2: CLOSEST ROUTE

Add the miles on each route, answer the questions and find out which is the shortest route to the ice cream parlor.



Jake and his parents are going to ride their bikes to get ice cream.

How far is Jake's house from Isabel's house if they take the route through the park _____

How far is Jake's house from the ice cream parlor if they take the route by the river _____

How far is Isabel's house from the ice cream parlor _____

Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first _____



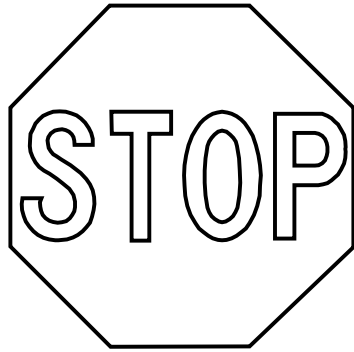
NAME: _____

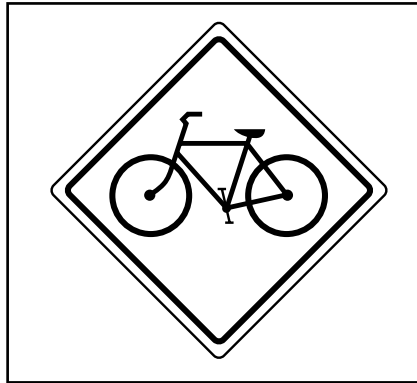
AGE: _____

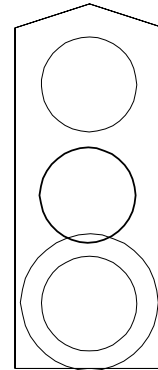


ACTIVITY #6: COLOR THE SIGNS

Color the sign using the correct color seen on these signs out on the road. Then in the space below the sign, write the name of the sign and what it means.










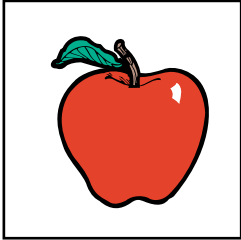
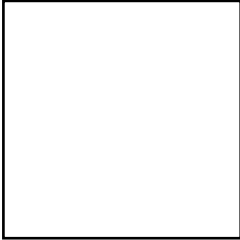
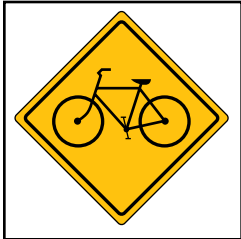
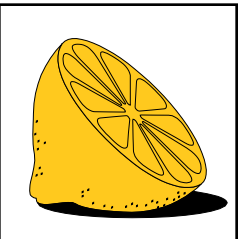
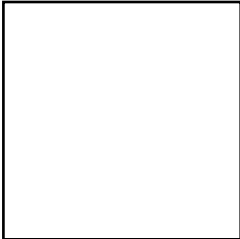
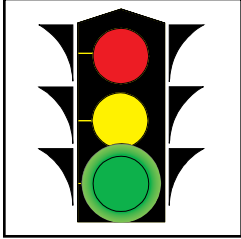
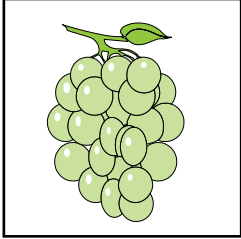
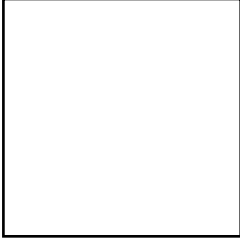
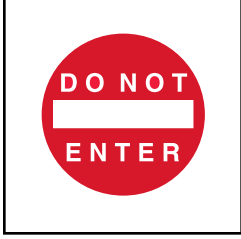
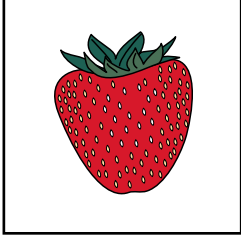
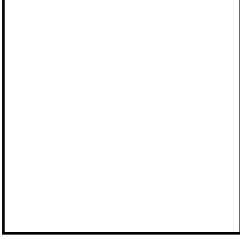
NAME: _____

AGE: _____



ACTIVITY #7: COLORS OF SAFETY

Write the name of each item under the picture. Draw something of the same color in the blank box.

RED				Draw something RED in your box.
YELLOW				Draw something YELLOW in your box.
GREEN				Draw something GREEN in your box.
RED				Draw something RED in your box.



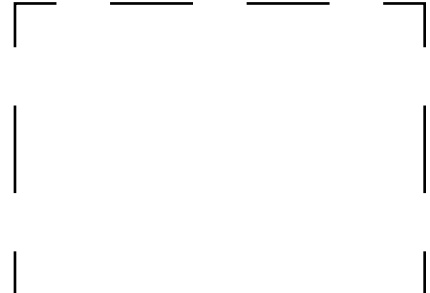
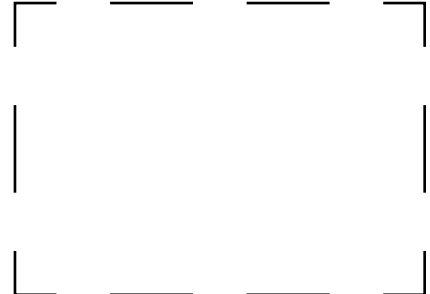
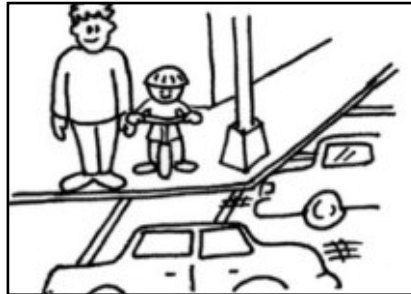
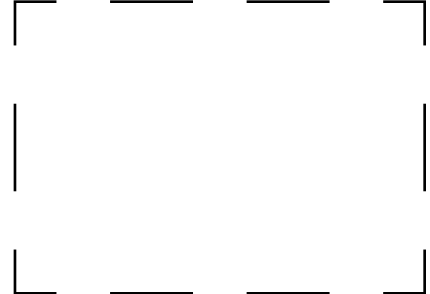
NAME: _____

AGE: _____



ACTIVITY #3: COMPLETE THE SAFETY LESSON

Cut out the missing picture and complete the safety lesson.



Cut out and paste above ✂



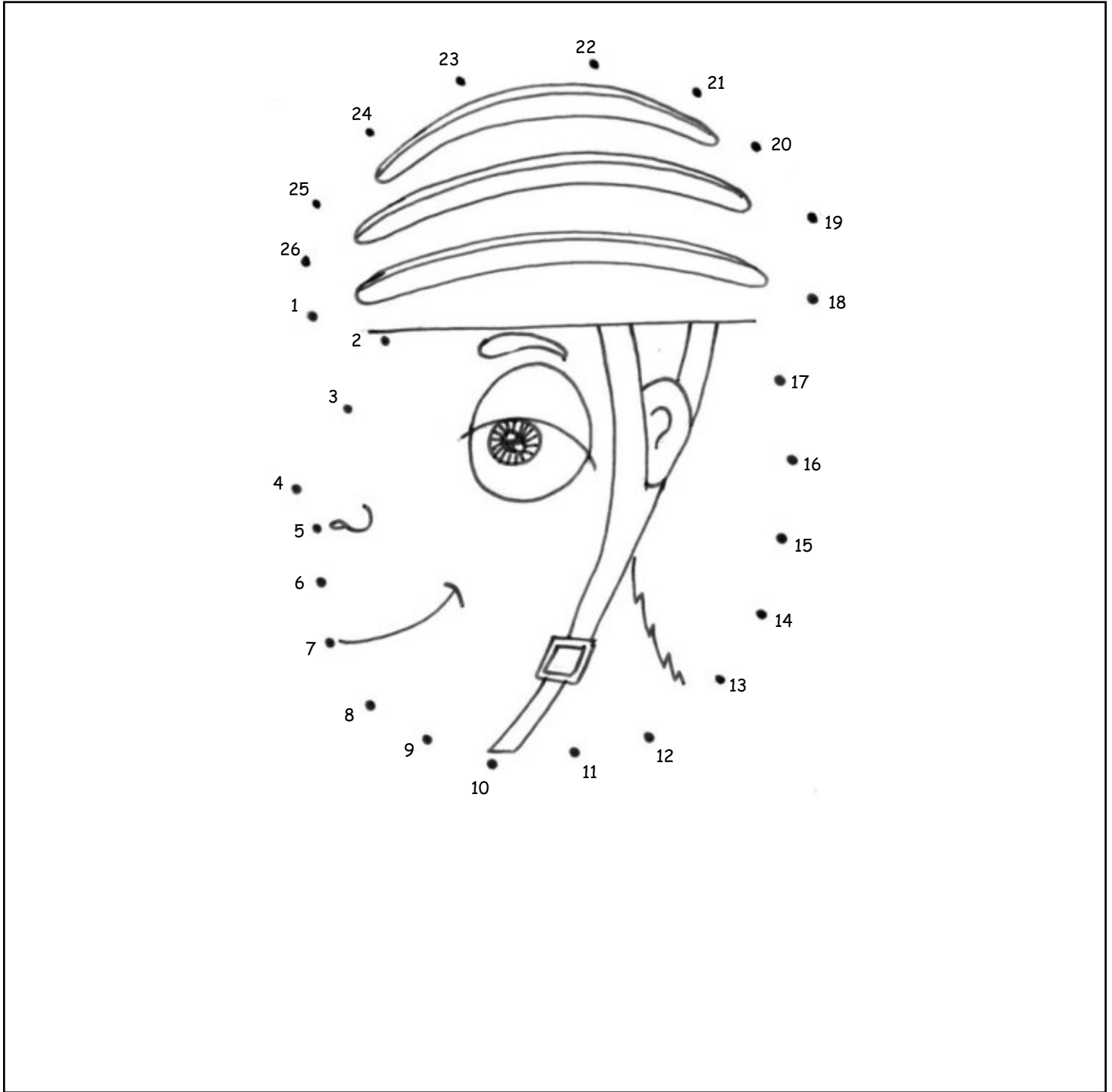
NAME: _____

AGE: _____



ACTIVITY #4: CONNECT THE DOTS

Draw a line from dot to dot following the number.



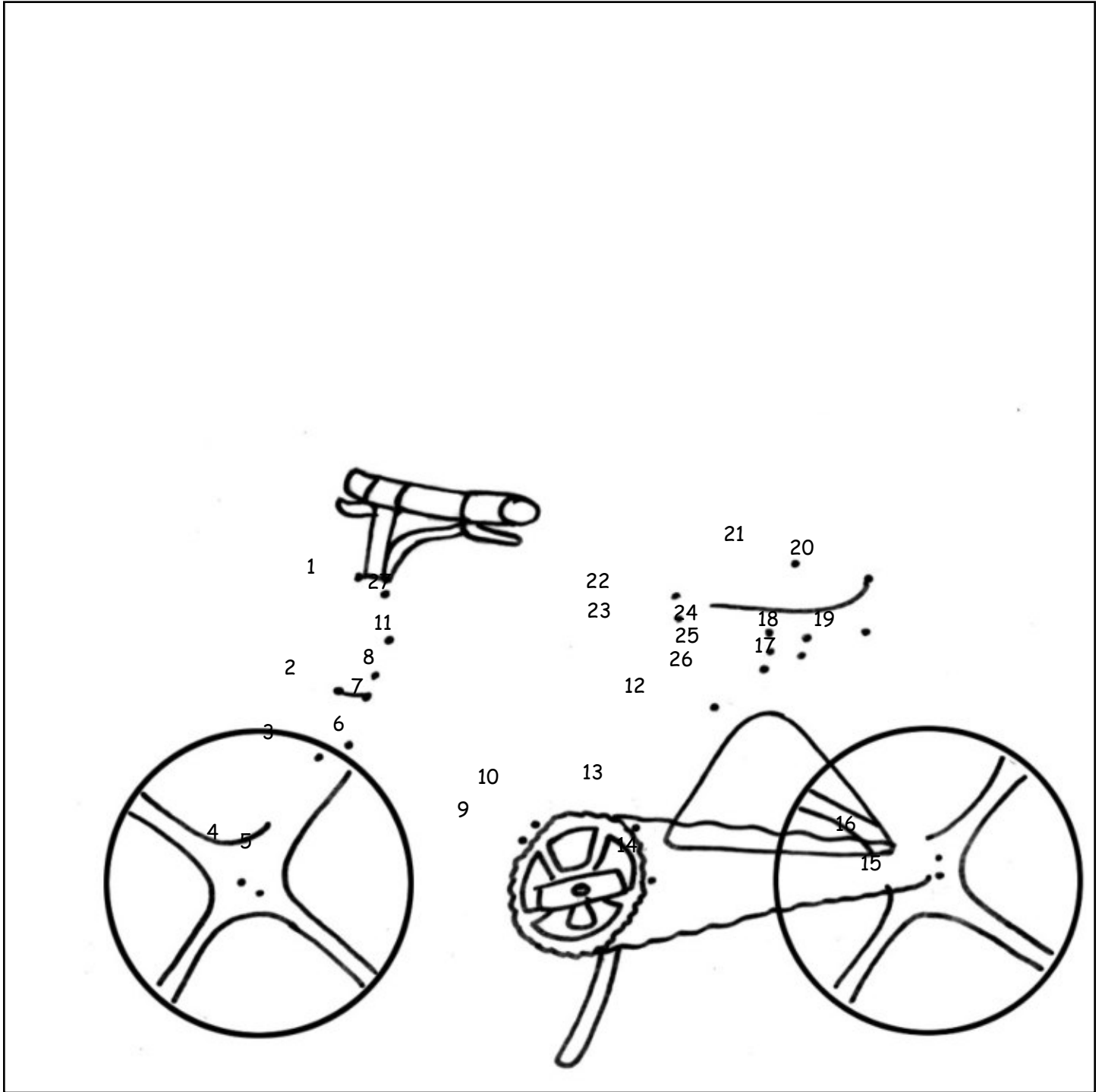
NAME: _____

AGE: _____



ACTIVITY #8: CONNECT THE DOTS

Draw a line from dot to dot. Then draw yourself on the figure that appears.



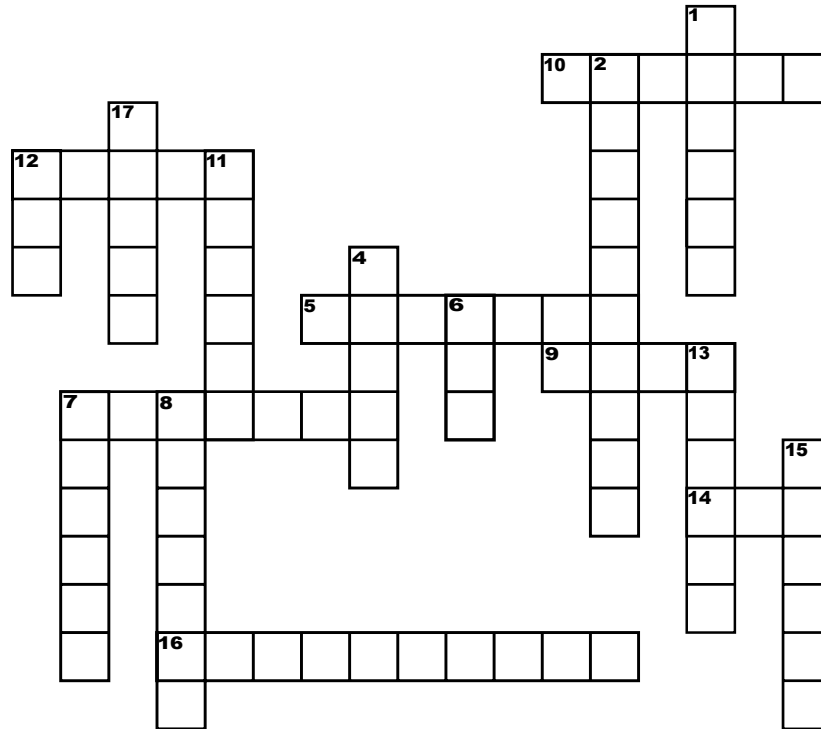
NAME: _____

AGE: _____



ACTIVITY #6: CROSSWORD PUZZLE

Answer the questions and write the word in the correct space for each number.



ACROSS

5. You must watch out for this when you enter a street
7. This book is about _____ safety
9. Red sign with 6 sides (called a hexagon) means that you must _____ when you see it
10. When you're riding together, tell your _____ what you learned today
12. You must follow these on the road and at school
14. Check this in your tires before you ride
16. You must always ride _____

DOWN

1. This is what you must wear to protect your head
2. If you must ride at night, place these on your bike
4. When the traffic light is _____ you can go
6. Riding your bike should be safe and _____
7. Wear _____ clothing when you ride your bike
8. You must approach corners with _____
11. Your main concern when riding
12. When the traffic light is _____ you must stop
13. You place your feet on these to make your bike move
15. Before you ride, check these on your bike too
17. On the road, and especially on cross streets, be _____ to traffic



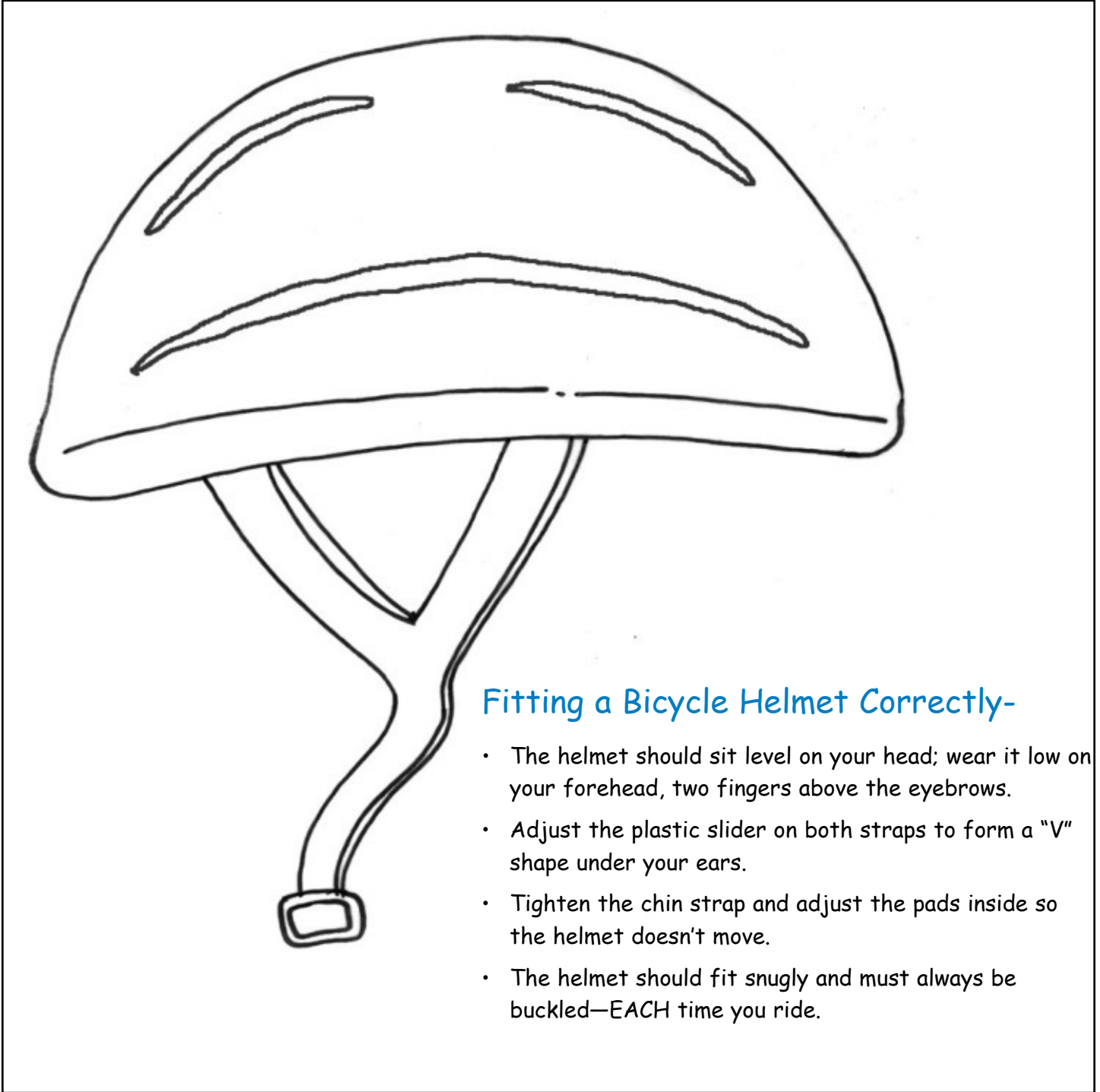
NAME: _____

AGE: _____



ACTIVITY #2: DECORATE THE HELMET

Add stickers, glitter, etc., or simply color the helmet the way you like.



Fitting a Bicycle Helmet Correctly-

- The helmet should sit level on your head; wear it low on your forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a "V" shape under your ears.
- Tighten the chin strap and adjust the pads inside so the helmet doesn't move.
- The helmet should fit snugly and must always be buckled—EACH time you ride.



NAME: _____

AGE: _____



ACTIVITY #9: DRAW A MAP

Draw a map of your favorite bicycle route (to school, to a friend's, etc).

A large, empty rectangular box with a black border, intended for the child to draw their favorite bicycle route.

NAME: _____

AGE: _____

BICYCLE SAFETY ACTIVITY KIT



SAFETY CHECKLIST





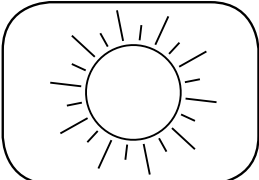
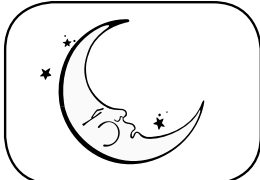
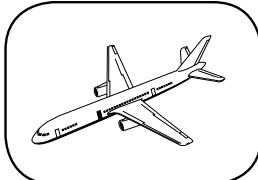
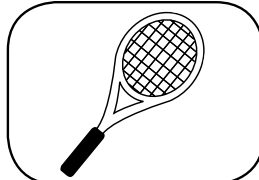
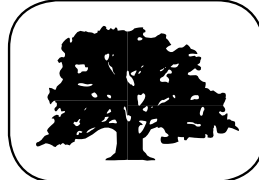
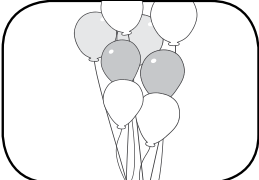
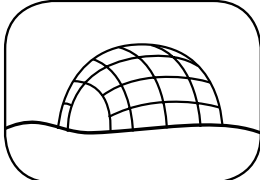


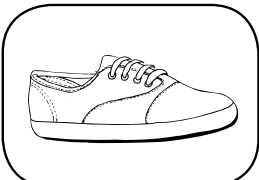
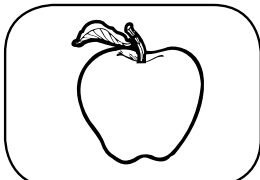
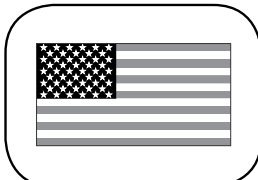
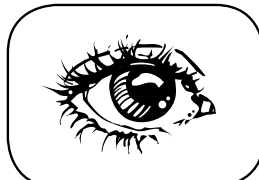
1. Wear a helmet
2. Check your tires and brakes
3. Always wear bright clothes when biking
4. Stay alert at all times
5. Avoid biking at night

BOOKMARK



ACTIVITY #5: FIND THE SAFETY MESSAGE

First name each picture. Then write the first letter of each word in the space provided. A safety message will appear.

 _____ _____	 _____ _____			
 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____
 _____ _____	 _____ _____	 _____ _____	 _____ _____	
 _____ _____	 _____ _____	 _____ _____	 _____ _____	



NAME: _____

AGE: _____



Hand Signals

So far, you may have only been a passenger or pedestrian, but it is important to let other drivers know if you are stopping or turning. Now that you are driving your first vehicle (your bicycle), it's time to learn some of the rules of the road for communicating with other road users. This handout discusses how to let other road users know that you intend to turn or stop. While drivers of motorized vehicles use their blinkers or backup lights to communicate, as a driver of a bicycle, you will do this with hand signals.

Front View

Hand Signal

Back View



Left Turn

Extend your left arm out sideways with all fingers extended or use your index finger to point left.



Right Turn

Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.



Alternative Right Turn

Extend your right arm out straight with all fingers extended or use your index finger to point right.



Stopping or Slowing

Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.



Helmet head never looked so good.



There are different helmets for different activities.

Each type of helmet is made to protect your head from injuries related to a specific sport.

Play safe. Wear a helmet.



U.S. Consumer Product Safety Commission

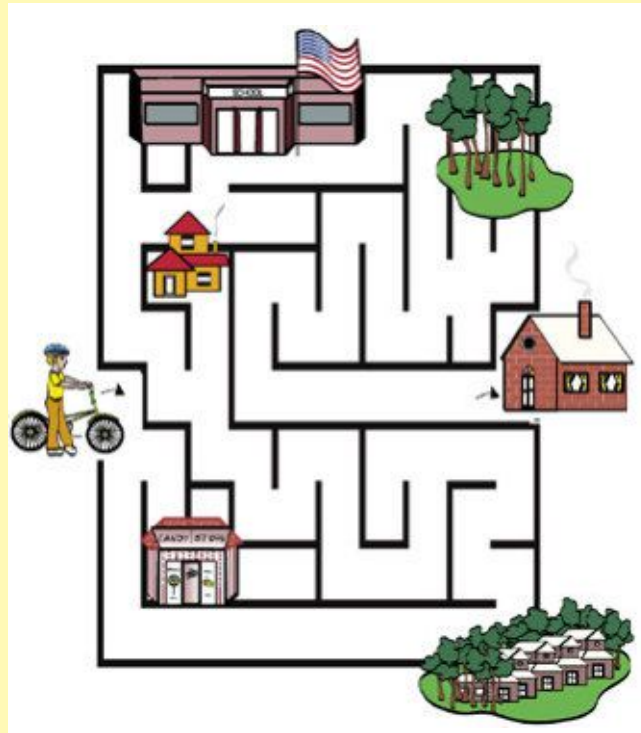
CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)



Sign up to receive free NSN safety alerts and posters at

www.cpsc.gov

Paul's A-Maze-ing Trip




Word Recognition

On his trip, Paul should:

Wear his  _____.

Tie his  _____.

Ride with care around  _____.

Ride on the right side of the  _____.

Look and listen for  _____.

[See the Answers! \(Click here\)](#)



ACTIVITY #1: SAFETY BASICS

Top Bicycle Safety Rules

1. Always wear a properly fitted bicycle helmet to protect your head - every time you ride.
2. Use a bicycle that is the appropriate size for you, not one that is too big.
3. Before you ride make sure you don't have any loose clothing, drawstrings, or shoelaces; they can get caught in your chain and make you fall.
4. Have an adult check the air in your tires and that your brakes are working before you ride.
5. Wear bright clothes so others can see you at all times of the day.
6. Stay alert at all times; never listen to music when riding. Pay attention and watch for cars, people, and other bicyclists around you.
7. Don't bicycle at night. If you must ride, make sure your bike has reflectors and lights and wear retro-reflective materials on your ankles, wrists, back and helmet.
8. Before you enter any street or intersection check for traffic by looking left-right-left to make sure no cars or trucks are there.
9. Learn and follow the rules of the road.

Rules of the Road

1. When riding in the road, always ride on the right hand side (same direction as traffic).
2. Obey traffic laws, including all the traffic signs and signals.
3. Ride predictably—ride in a straight line, don't weave in and out of traffic.
4. When riding on a sidewalk -- show respect for the people walking on the sidewalk. Ring your bell to let them know you are coming and always pass them on the left.
5. Look for debris on your route that could cause you to fall off your bicycle, like trash, stones, toys.



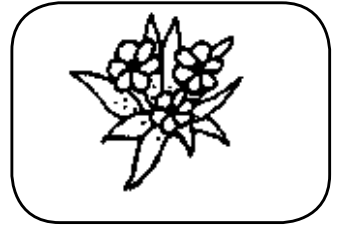
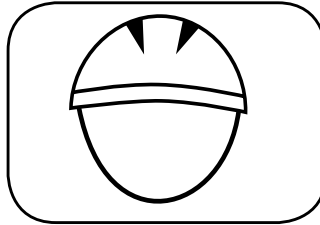
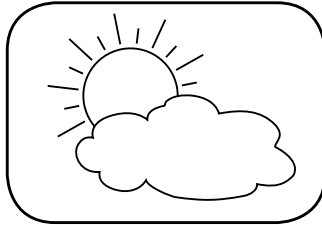
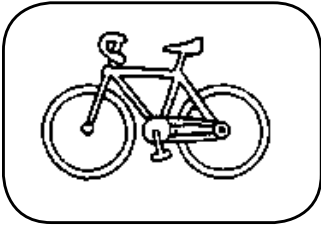
NAME: _____

AGE: _____



ACTIVITY #4: DRAW A SAFETY SCENE

Draw a scene using the images below. Write two complete sentences that describe what you have drawn.



Draw a scene using these images.

A large, empty rectangular box with rounded corners, intended for the student to draw a scene using the provided images.

Write 2 complete sentences that describe the scene.



NAME: _____

AGE: _____

QUESTION:

What should you
always check before
riding your bike?



ANSWER:

Brakes and air
in the tires



QUESTION:

What type of clothes should you always wear when you ride your bike?



ANSWER:

Bright



QUESTION:

At what time of
the day should you
try NOT to ride
your bike?



ANSWER:

Night



QUESTION:

What should you
always check for
when you enter
a street?



ANSWER:

Traffic



QUESTION:

On which side of
the road or sidewalk
should you always
ride your bike?



ANSWER:

Right
(same direction
as traffic)



QUESTION:

What color does the traffic light have to be when you can go?



ANSWER:

Green



QUESTION:

If you have to ride
at night, what do
you have to place
on your bike?



ANSWER:

Reflectors
and lights



QUESTION:

What color traffic light should you always stop for?



ANSWER:

Red



QUESTION:

What should you
always wear on your
head when riding
a bike?



ANSWER:

A helmet



QUESTION:

What should you
always do before
entering a roadway?



ANSWER:

Look left-right
and then
left again



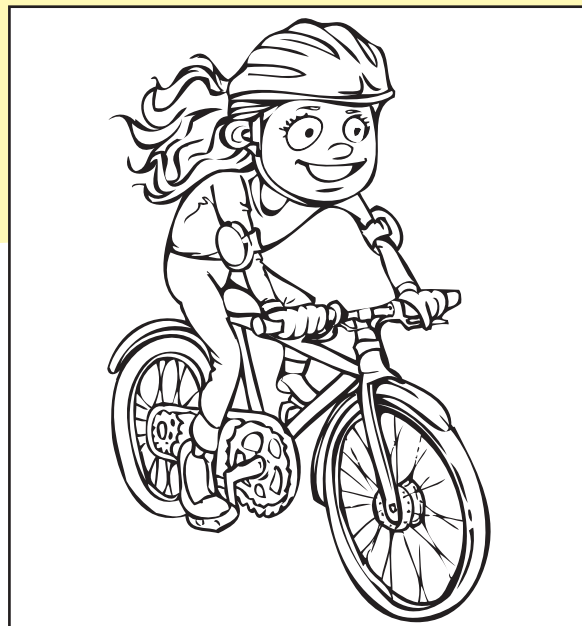
Sara and Her Bike

- Sara always rides her bicycle with her helmet on. She knows that a bike helmet will keep her head and brain safe if she falls.
- Sara always sits down when she rides her bike. She rides in the same direction as traffic.
- She knows that young children should not ride at night.

What else does Sara know?

- She should always put her helmet on before she starts riding her bicycle.
- She knows the helmet should be low on her forehead and two finger widths above her eyebrows. The two sidestraps on both sides of the helmet should make a “V” shape under each ear.
- Sara knows her bicycle fits her because she can put both feet flat on the ground when she sits on the bike seat.
- Sara only rides her bike during the day. She wears brightly colored clothing so drivers can see her.

Look how safe and smart Sara is! She's riding her bicycle with her helmet on.



Color this picture on the next page!





SPROCKET MAN



THIS BIKE IS IN SAD SHAPE!

BLIP in the tire... May cause PUNCTURE!

SEAT is too low. It should be adjusted to the rider's size. When adjusting,

Inspect your bike to make sure it doesn't have the same problems.

be sure to leave enough seat tube inside the bike frame.

Broken spokes! Get them replaced... but fast!

Adjust gears

Brakes need adjusting. Brake shoes worn... NEW ONES ARE CHEAP!

Tire is underinflated. Inflate all tires to CORRECT pressure.

Chain is dry! Keep it OILED!!

Grease hubs every 6 months

Try TOE CLIPS!! well-adjusted ones require practice, but they may help in:
 - CLIMBING HILLS...
 - KEEPING BALL OF FOOT FROM SLIPPING OFF PEDALS...
 - INCREASING EFFICIENCY AND LESSENING FATIGUE.

CHECKING YOUR BICYCLE

WHEELS

Pick up bike by saddle and spin rear wheel forward it should spin freely without

- 1) wobbling
- 2) hitting either brake block
- 3) slowing down super fast

Pull on rear brake lever to stop wheel
brake should have plenty of power to spare. apply smoothly without jerking and hit rim squarely

Release the lever
the brake should spring out immediately

Look at brake blocks
are they

- 1) worn, cracked or crumbly?
- 2) both an equal distance from the rim in accordance with manufacturer's specifications?

Push wheel back and forth toward one brake block and then the other
the wheel will give, but there should be no play

Look at the tread of the tire all around
there should be neither worn-through patches nor bulges

Check inflation pressure

Pick up bike by handlebars and repeat for front wheel

FRONT END

Stand in front of bike, hold wheel tightly between knees
try to twist handlebars
they shouldn't move
try to pull handlebars up and down
they shouldn't move
try to twist brake levers
they shouldn't move

Stand beside bike, lift frame near handlebars
front wheel should turn freely to the side

Try to roll bike forward and back with front brake locked
there should be no play where the fork enters the frame

Ends of handlebars protected?

FINISHING UP

Try to twist or tilt saddle
it shouldn't move

Wipe off reflectors, are they attached securely?

If rollers on chain are shiny or if side plates are rusty
lubricate your chain!

if when pedaling, you feel a clunk every time around stop immediately, and take to an expert repair-person

Take your bike to a bike shop at least once a year for a tune-up and safety check.

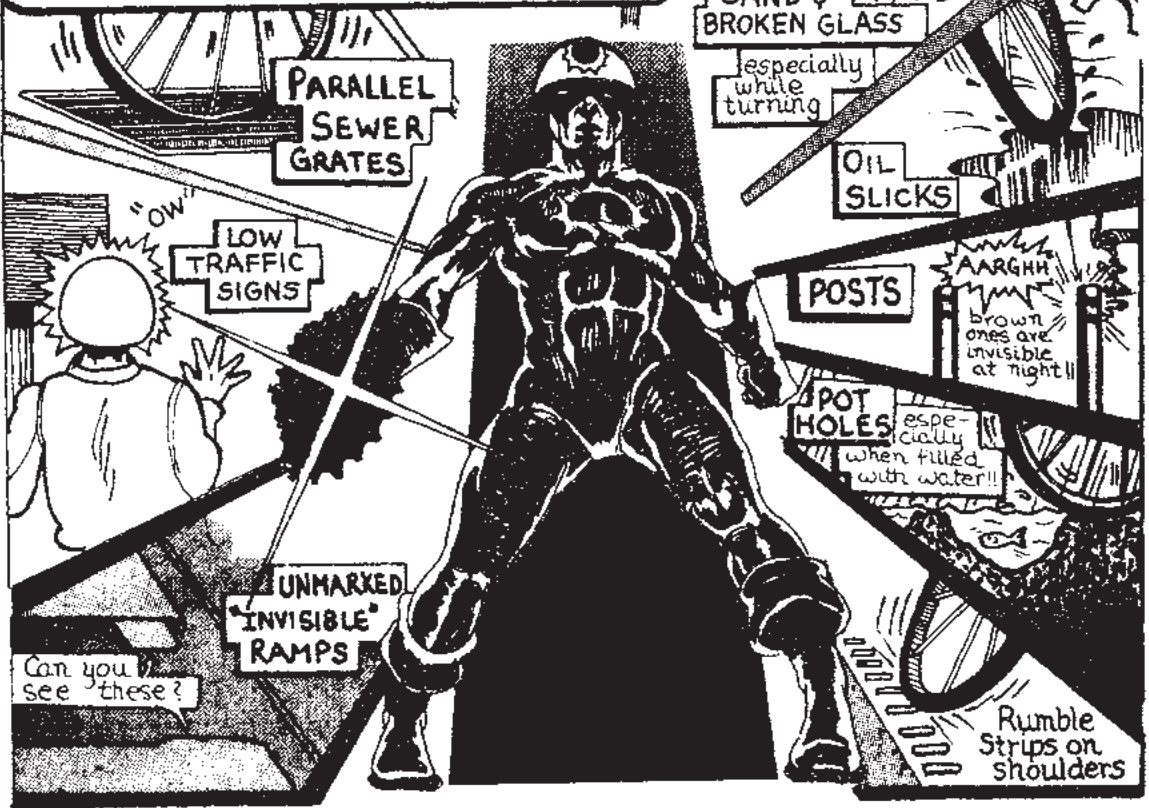
The sheer NUMBER of bikes in use these days shows that the days when bikes were merely TOYS for kids are BYGONE..... and that the ANARCHY of the cyclist can be afforded NO LONGER!

Young children should not ride at night. Children under age nine should not ride in the roadway as they do not have the skills to identify and avoid dangerous situations.

Here are a few tips on SURVIVAL skills and SAFE riding etiquette.

HAZARDS you should be especially aware of are listed below.....

Should you encounter a hazardous situation, CONTACT your city or state bicycle/pedestrian coordinator. Tell him or her you've found a "DANGEROUS AND DEFECTIVE CONDITION" and where it is. (A PICTURE MIGHT HELP.)



GRAVEL SAND & BROKEN GLASS

especially while turning

OIL SLICKS

PARALLEL SEWER GRATES

LOW TRAFFIC SIGNS

"OW!"

POSTS

AARGHH brown ones are invisible at night!!

POT HOLES

especially when filled with water!!

UNMARKED "INVISIBLE" RAMPS

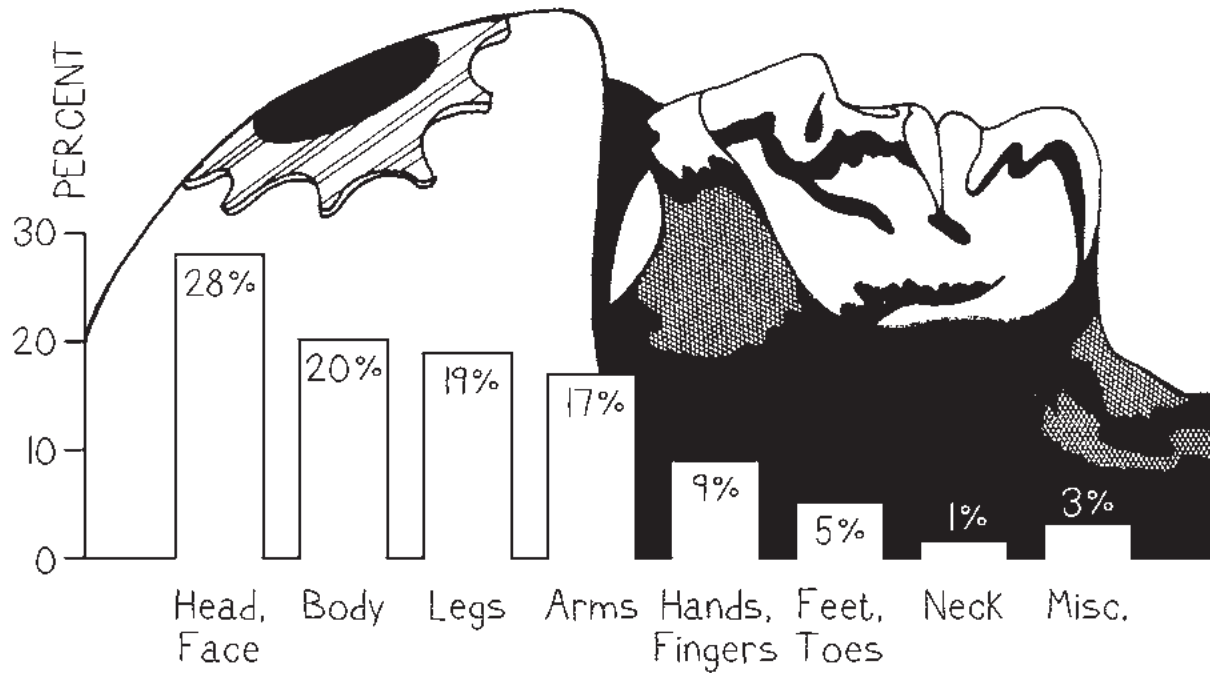
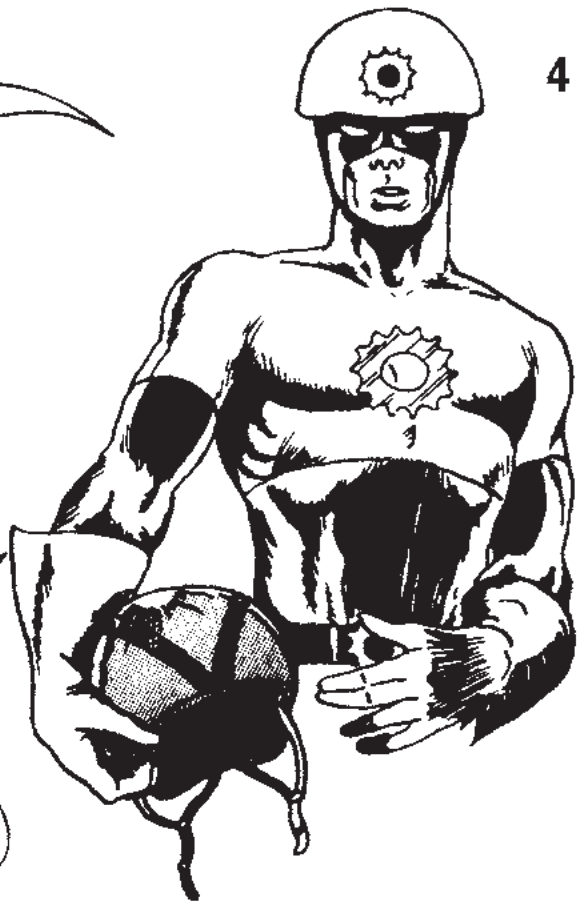
Can you see these?

Rumble Strips on shoulders

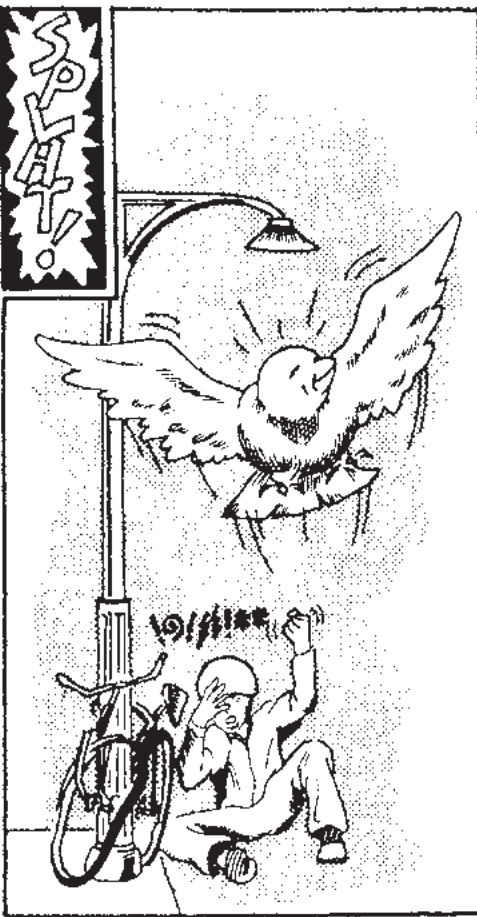
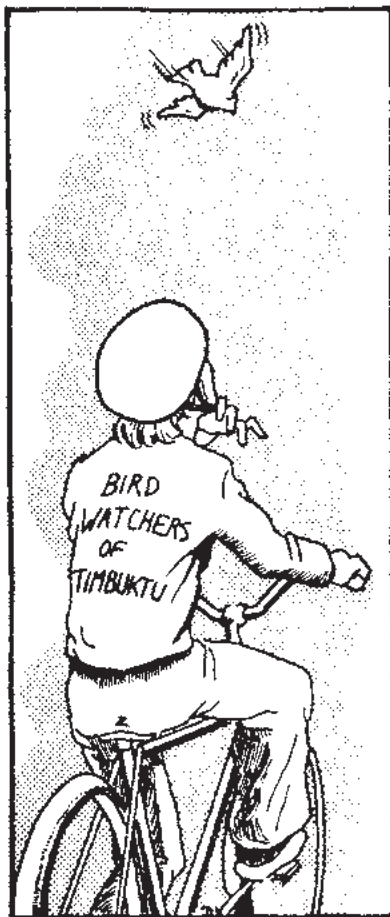
Most bicycle-related deaths result from head injuries

HELMETS help avoid head injuries !

Choose a helmet with the help of a dealer to assure proper fit. If the helmet is involved in a crash, replace it or have it examined by the manufacturer before reuse.



Statistics from the CPSC National Electronic Injury Surveillance System (NEISS)



PAY ATTENTION AND KEEP YOUR EYES ON THE ROAD!!



BE SEEN DAY AND NIGHT! During the day, wear darker colors, to contrast with surroundings. At night wear reflective trimmed clothing, or apply reflective trim to your clothes.

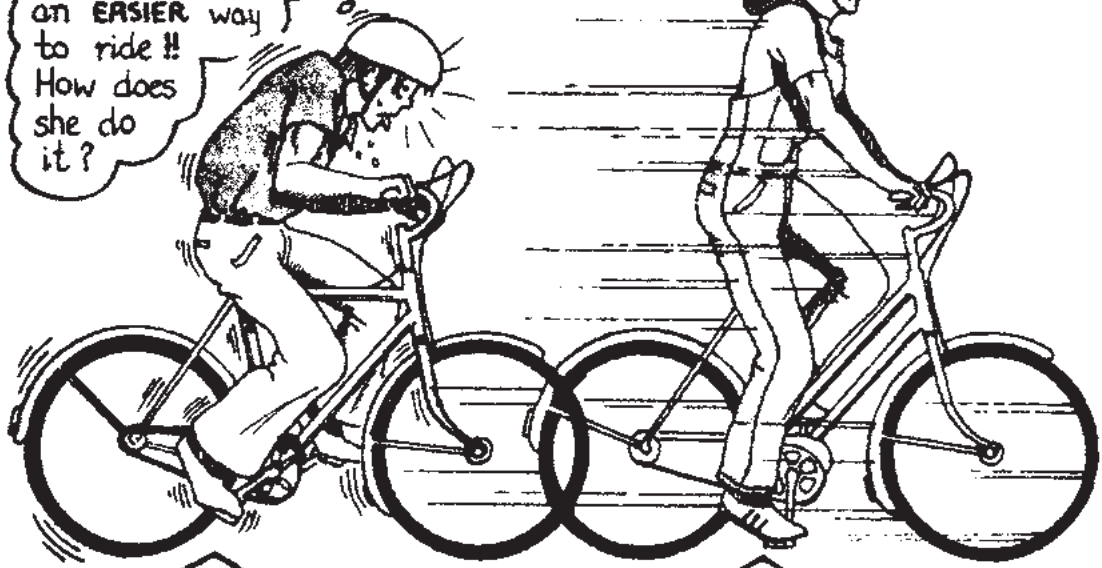


Make sure these are attached to bike:

- ☉ WHITE HEADLIGHT.
- ☉ REAR RED REFLECTOR.
- ☉ WHITE OR YELLOW REFLECTOR ON PEDALS.
- ☉ YELLOW OR WHITE (IN FRONT) AND RED OR WHITE (IN REAR) SIDE REFLECTORS.

Also, never wear headphones while riding. Headphones impair your ability to hear motor vehicle and bike traffic.

⚡PANT⚡ ⚡PANT⚡
 There's gotta be
 an **EASIER** way
 to ride!!
 How does
 she do
 it?

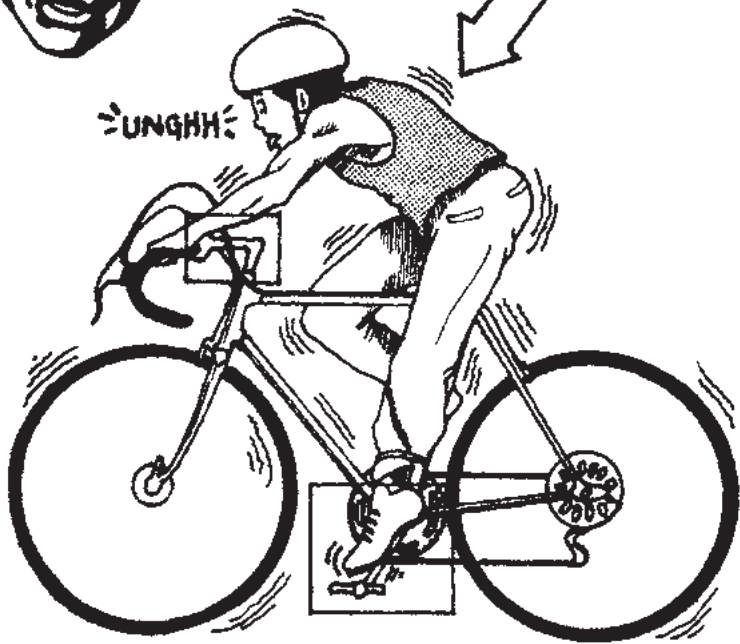


Try **WALKING** like THAT.....Low
 efficiency, eh? So use
FULL LEG EXTENSION.....

.... the way she's doing it!!
**LEGS WORK BEST AT
 FULL EXTENSION!** Note,
 however, the **SLIGHT KNEE BEND.**



**NEVER RIDE A BIKE THAT'S TOO BIG FOR
 YOU!** You simply have too little control!



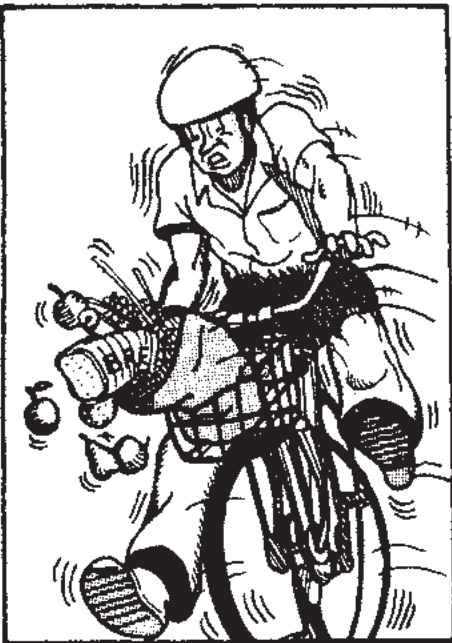
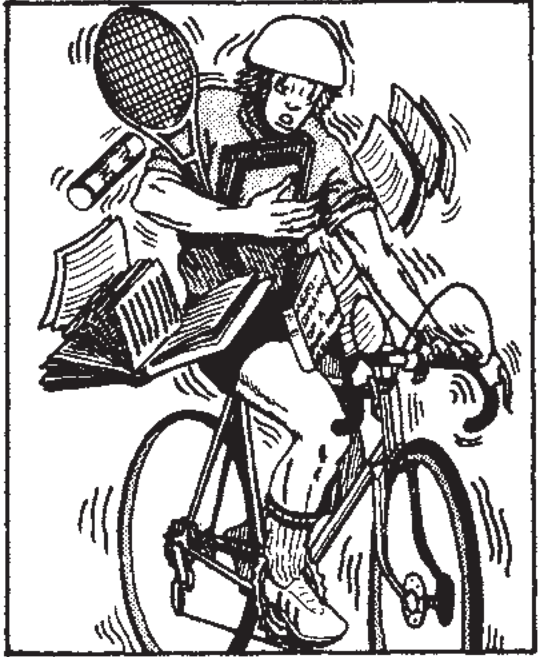
This applies to
SEAT HEIGHT and
STEM LENGTH.

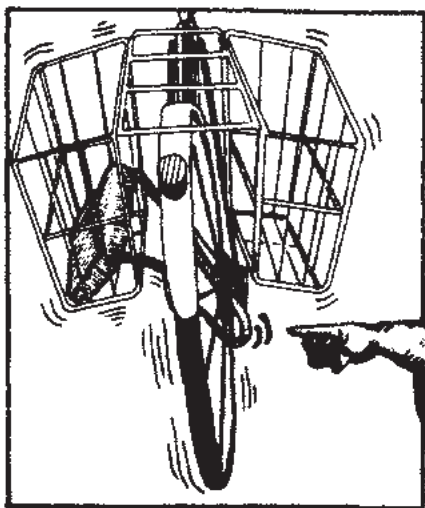
When your seat
 height is **PROPERLY**
 adjusted, the
 handlebar will be
 slightly **LOWER**
 than the seat.

"DON'T CARRY ANYTHING THAT MAY HAMPER YOUR CONTROL OF YOUR BIKE!"
 Plan ahead and use a BACK-PACK !!



Front baskets have a center of gravity that's way too high.... which makes for awkward steering. **REAR BASKETS AND RACKS** work better!



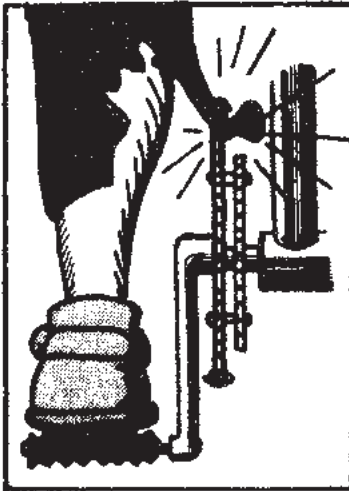


WATCH OUT for objects that may DANGLE, like a purse strap or chain.... they will CATCH in your wheels !!

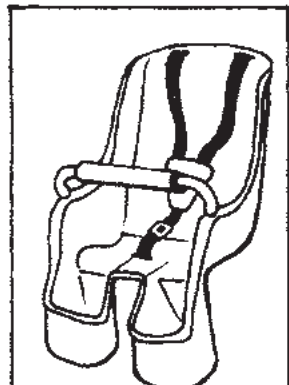
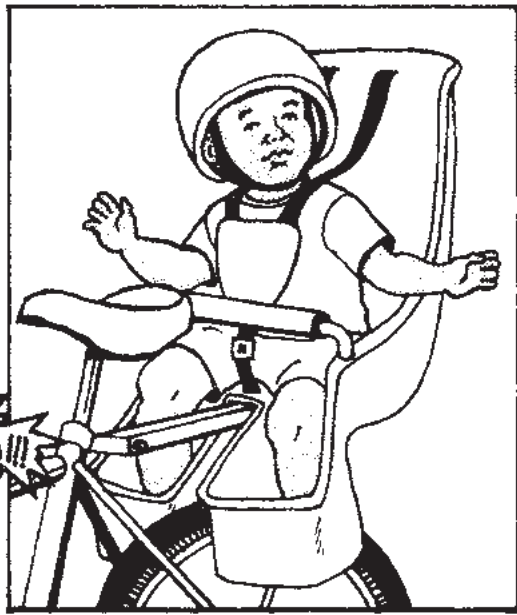
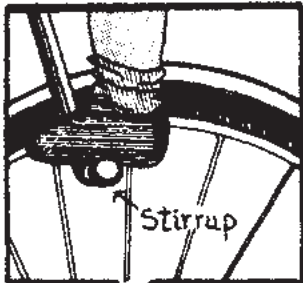


This goes for PANT CUFFS as well !

Pant cuffs caught in bike chain can easily lead to an accident... and assuredly to dirty cuffs. When riding roll up your cuffs, or tuck them into your socks, or better yet... clip'em in with those nifty pant clips.

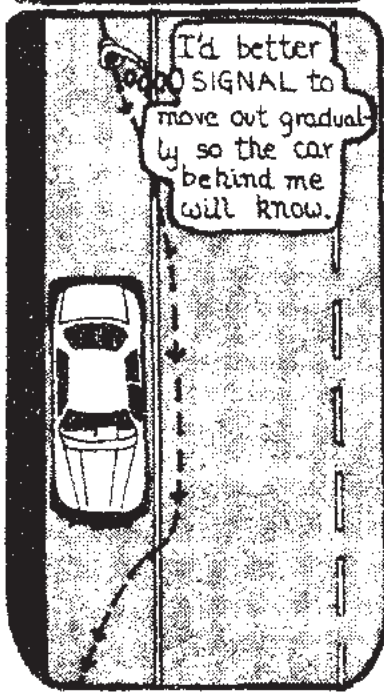


And for you parents... or rather - more importantly - for your children, make SURE their feet will not be caught in the wheels. Baby seats with only STIRRUPS to support the baby's feet are DANGEROUS!



Child seats have been known to fall off Moving bikes with child ATTACHED! FASTEN SEATS SECURELY!!

THINK AHEAD...



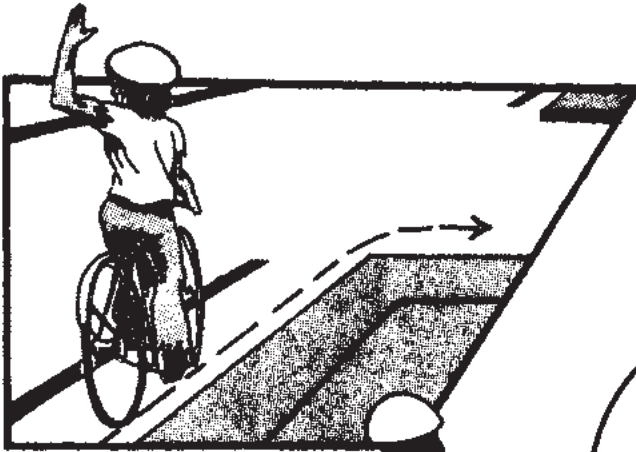
...SIGNAL...



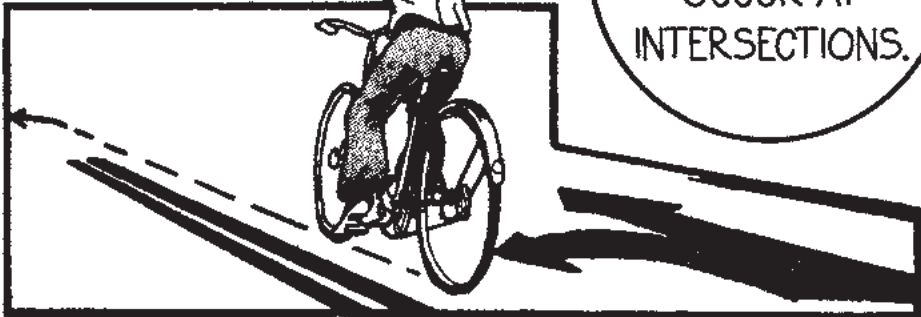
THE KEY CONCEPT TO SAFE BICYCLING
- BE PREDICTABLE - AND SIGNAL
 YOUR MOVES!! COMMUNICATE.



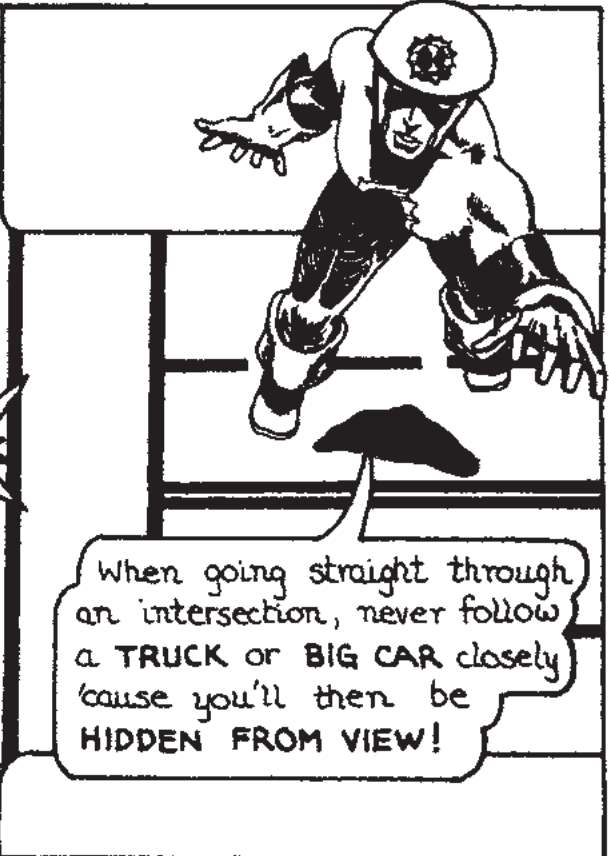
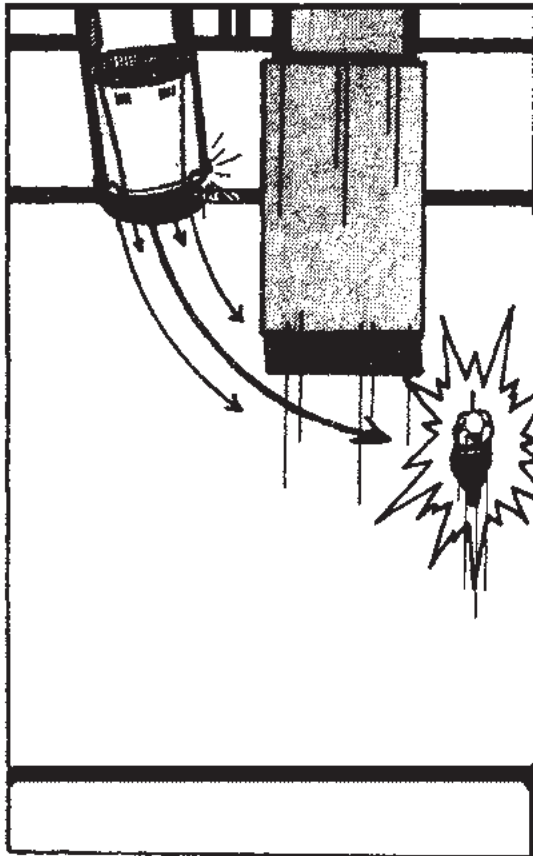
...LOOK, ESTABLISH EYE CONTACT, THEN MOVE **GRADUALLY** INTO TRAFFIC TO PASS THE PARKED CAR.



SIGNAL AT TURNS!

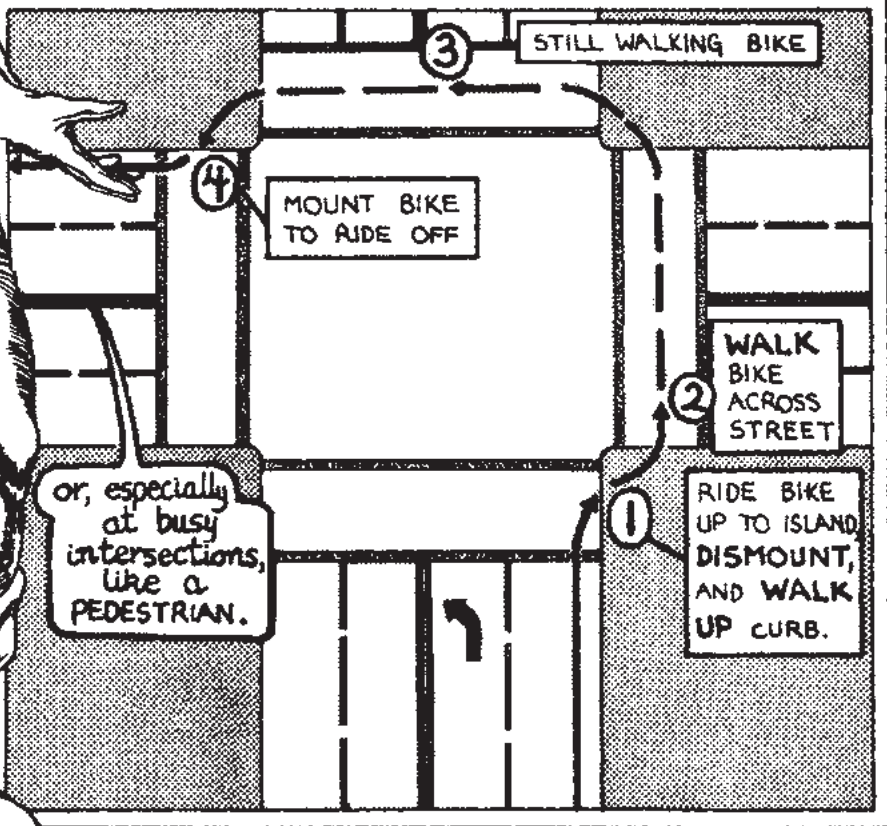
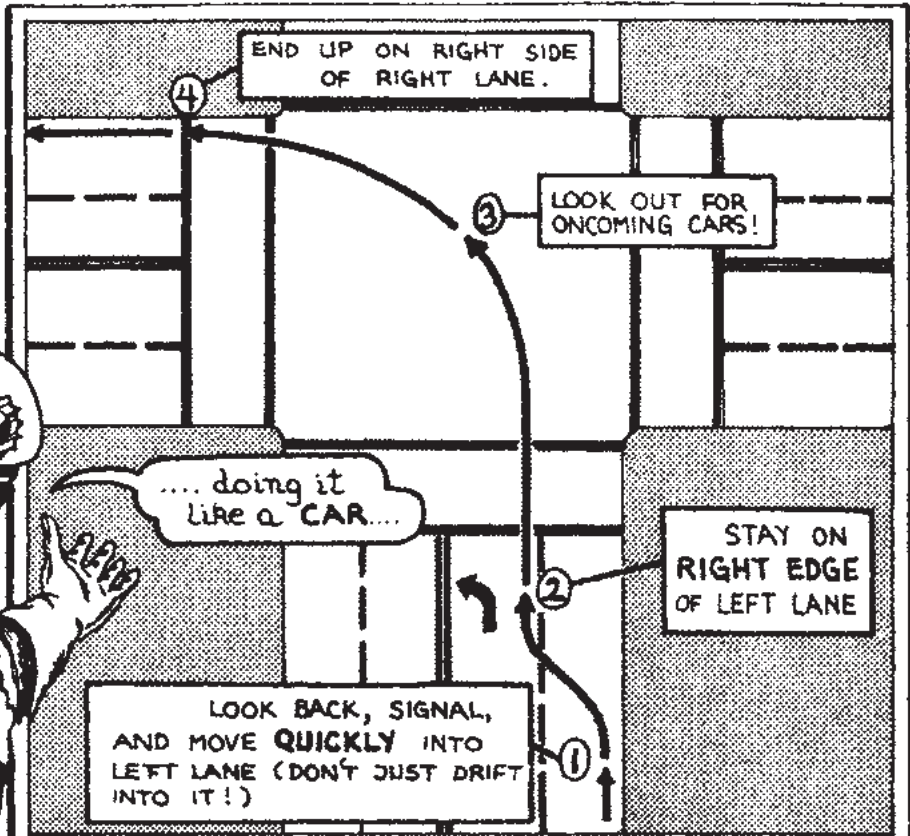


SERIOUS BIKE ACCIDENTS CAN OCCUR AT INTERSECTIONS.



When going straight through an intersection, never follow a **TRUCK** or **BIG CAR** closely 'cause you'll then be **HIDDEN FROM VIEW!**

The ONLY SAFE WAYS to make a LEFT TURN...



or, especially at busy intersections, like a PEDESTRIAN.





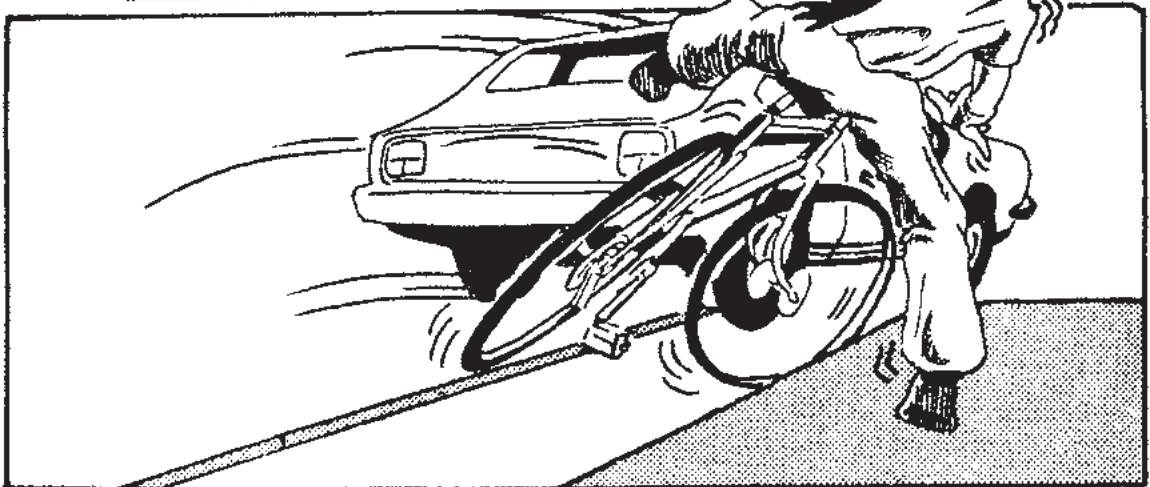
I'd better
WAIT behind
the car.

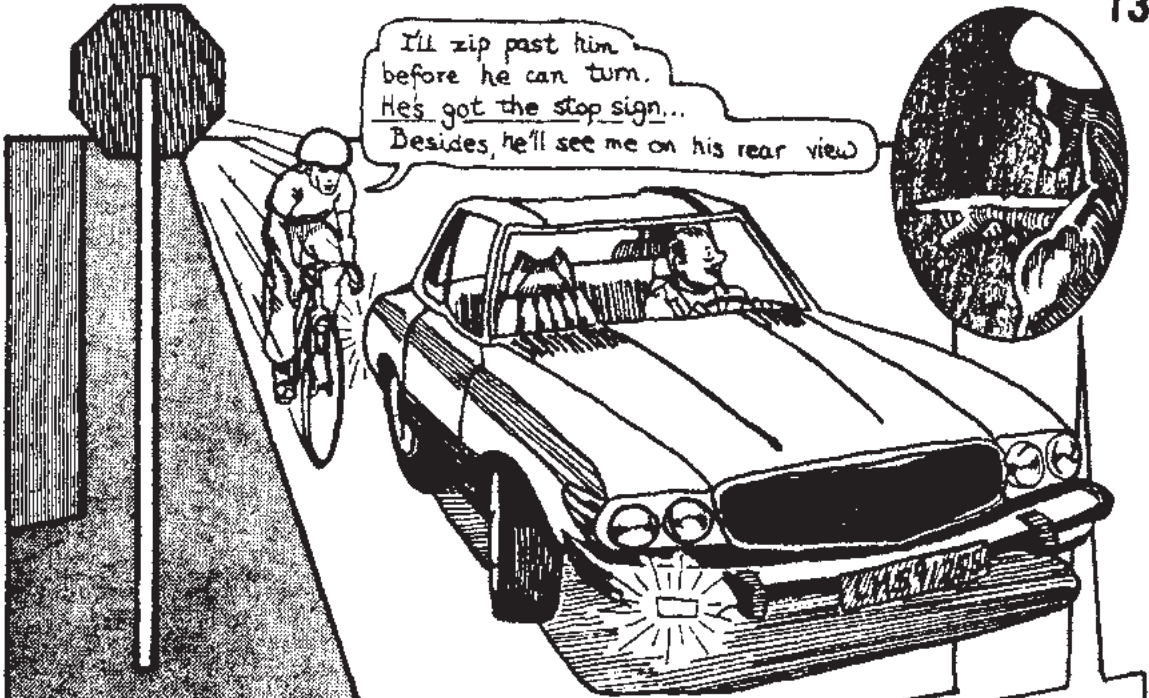
WAIT YOUR TURN
AT INTERSECTIONS!
Whether you are
going straight or
turning right...
**DON'T PASS A
CAR ON THE
RIGHT !!**

12

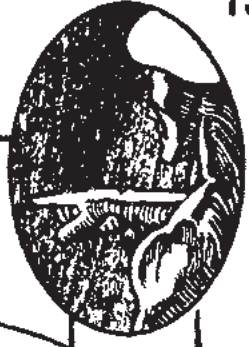


Even if you're in a bike lane,
the car beside you might
SUDDENLY make a right turn
WITHOUT SIGNALING.
SO WATCH OUT !!

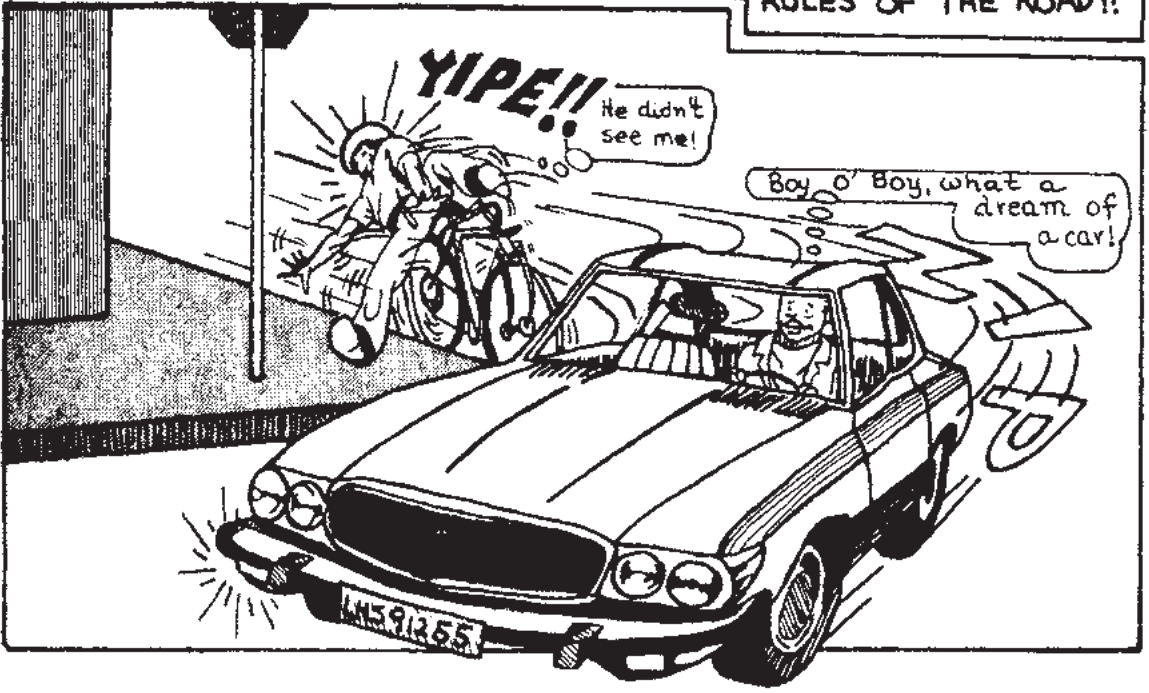




I'll zip past him before he can turn. He's got the stop sign... Besides, he'll see me on his rear view



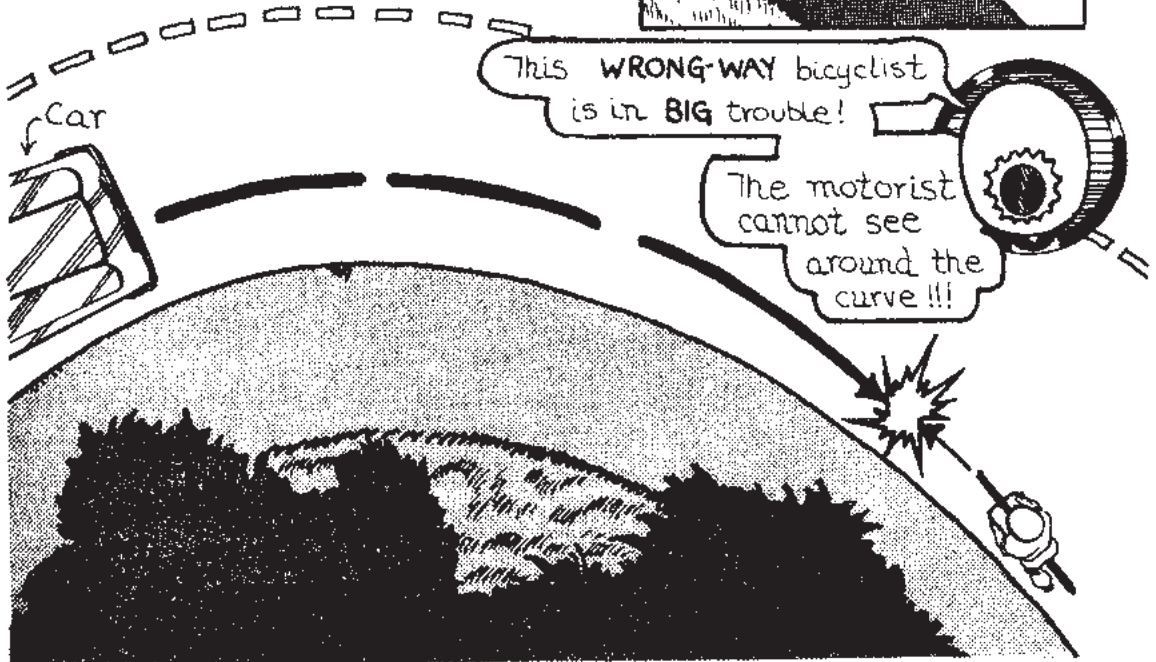
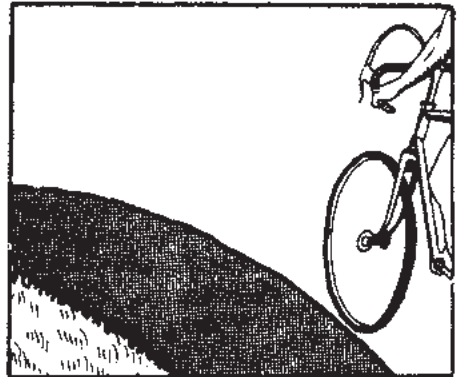
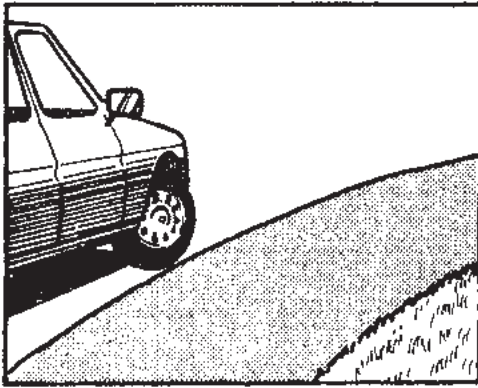
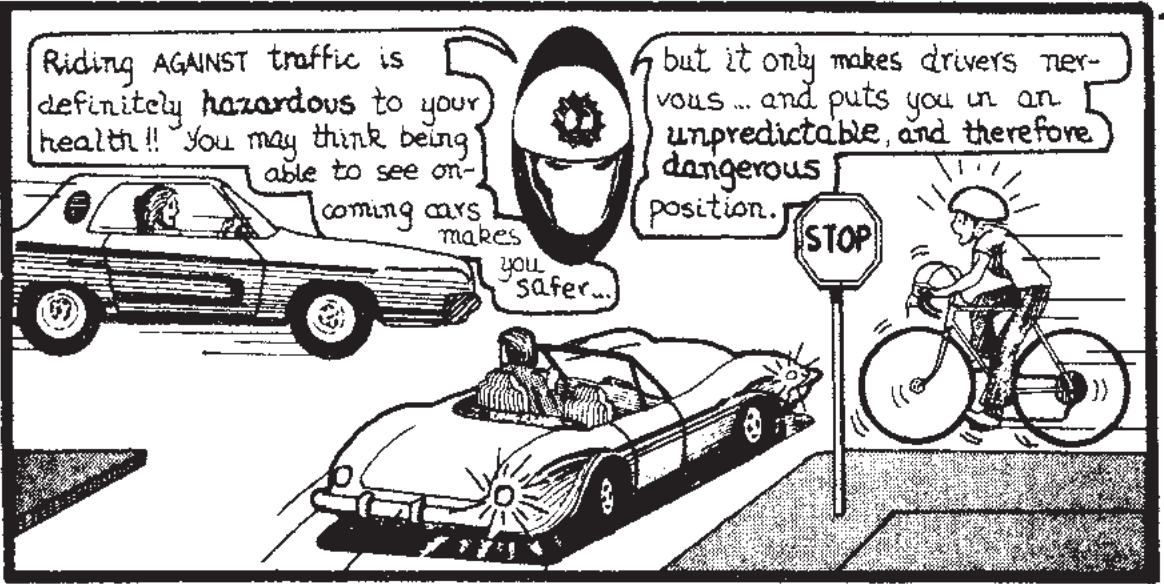
When bicycles are ridden as vehicles, they are subject to the state vehicle codes Under those laws, your status as bicyclist* is : "EVERY PERSON RIDING A BICYCLE UPON A ROADWAY HAS ALL THE RIGHTS AND DUTIES APPLICABLE TO THE DRIVER OF A VEHICLE." So STOP at all stop signs and stop lights AND OBEY THE RULES OF THE ROAD!!

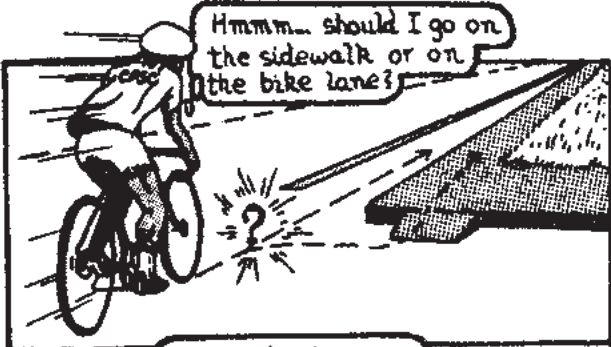


YIPE!! He didn't see me!

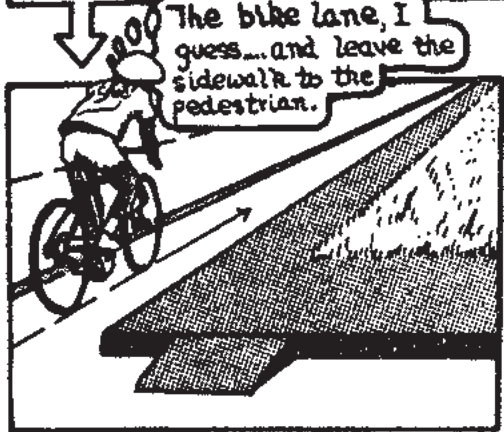
Boy, o' Boy, what a dream of a car!

M591255

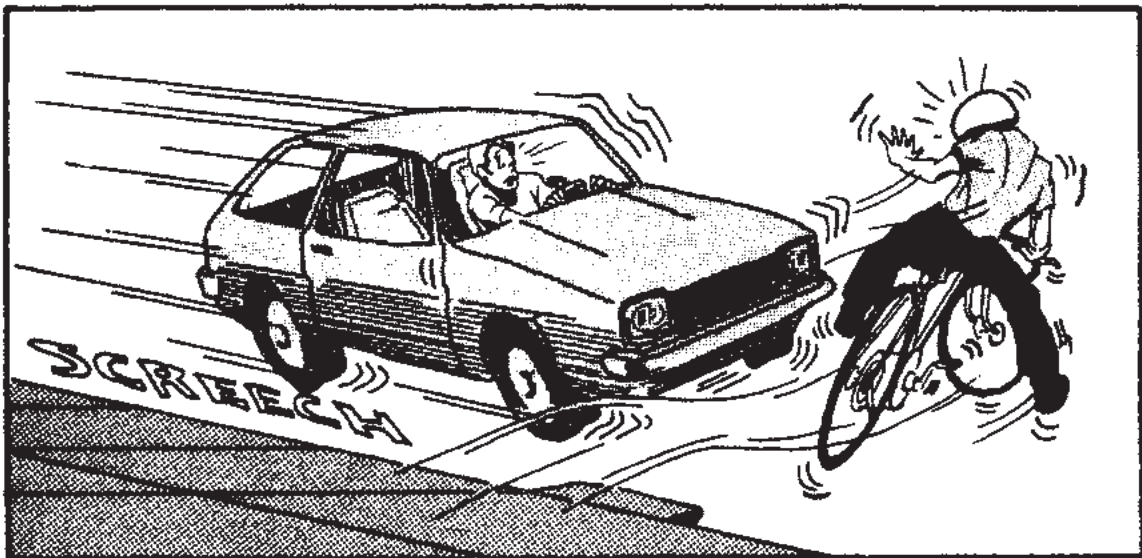




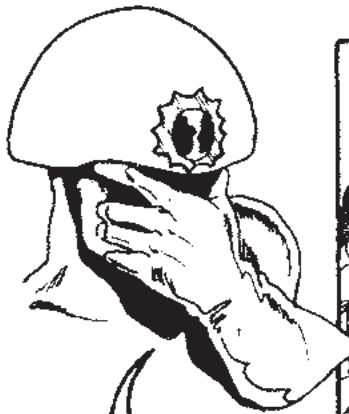
Use the **BIKE LANE** and street instead of the sidewalk and avoid pedestrian-bicyclist **CONFLICTS!!**



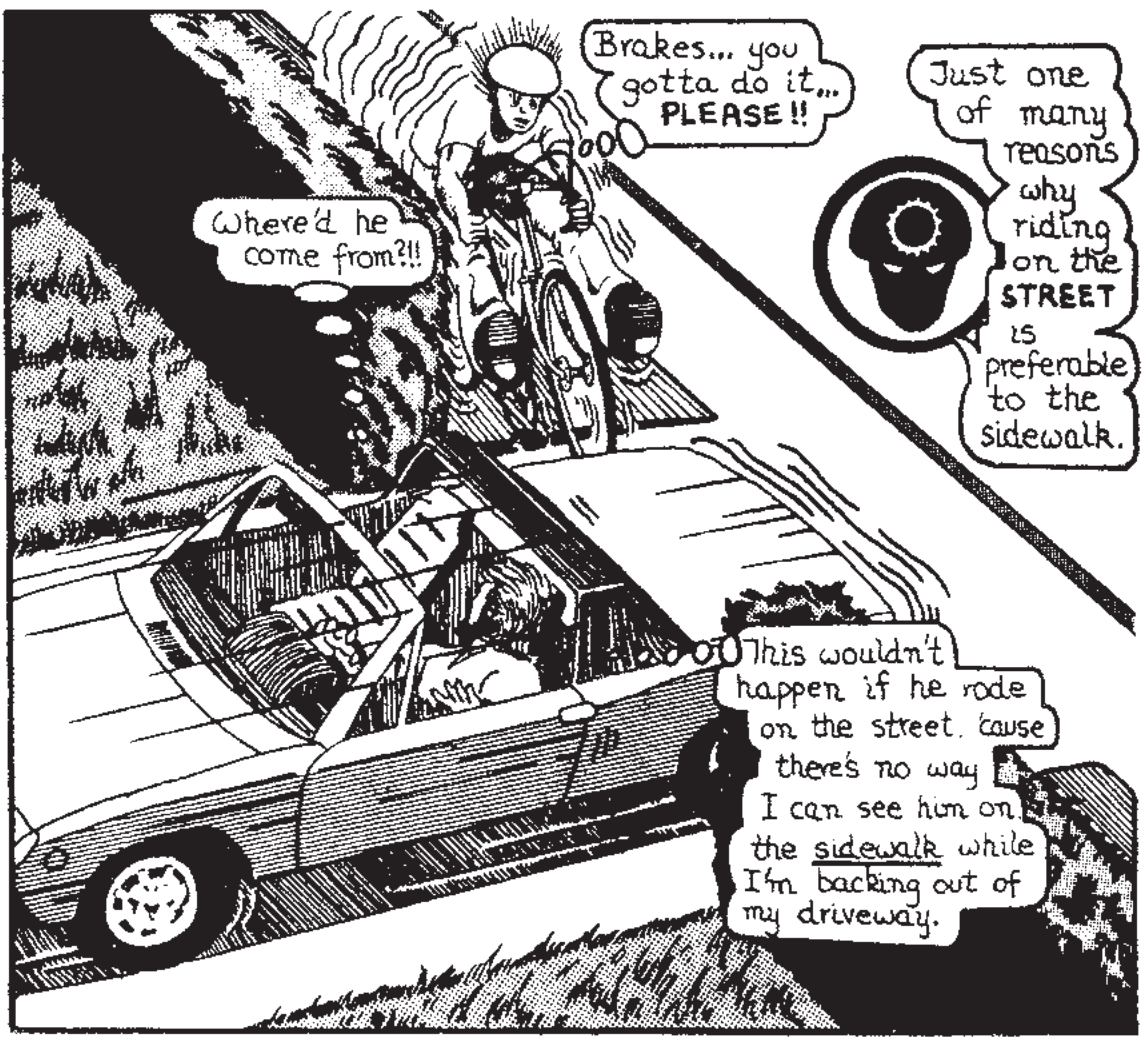
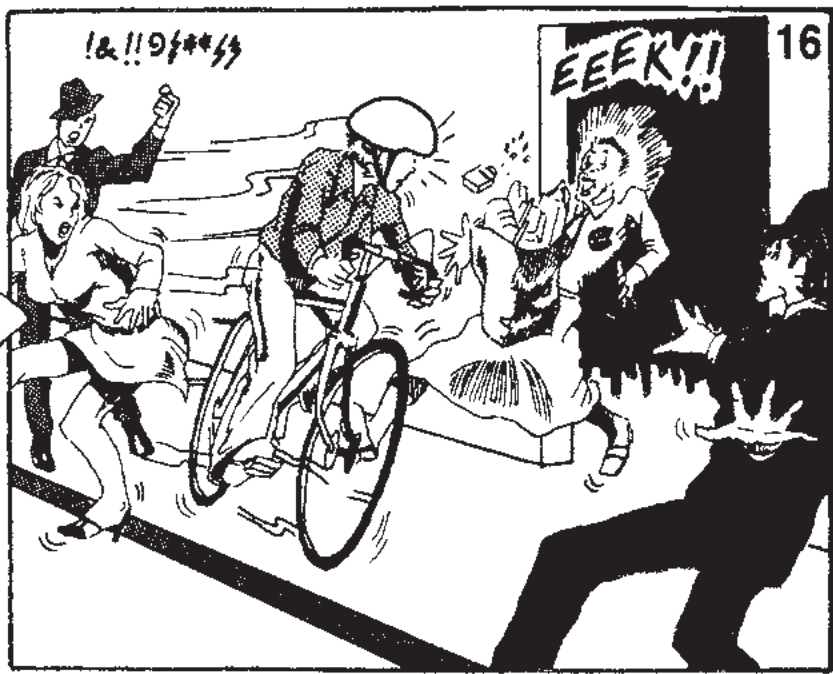
If you have to use the sidewalk, **DON'T FLY DOWN THE BIKE RAMP INTO TRAFFIC!!** Cars don't expect vehicles (including bikes) to come from anywhere but a street. **SO WATCH OUT!!**



A suggestion to the **PEDESTRIAN**: **LEAVE THE BIKE RAMPS FOR BICYCLES AND WHEELCHAIRS.**



DON'T RIDE ON BUSINESS DISTRICT SIDEWALKS!



Where'd he come from?!!

Brakes... you gotta do it... PLEASE!!

Just one of many reasons why riding on the **STREET** is preferable to the sidewalk.



This wouldn't happen if he rode on the street, cause there's no way I can see him on the sidewalk while I'm backing out of my driveway.

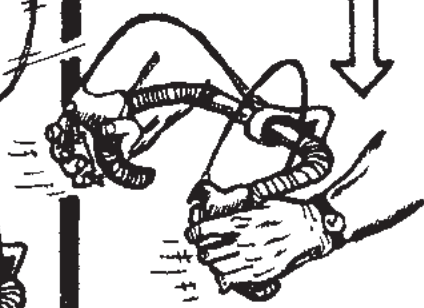
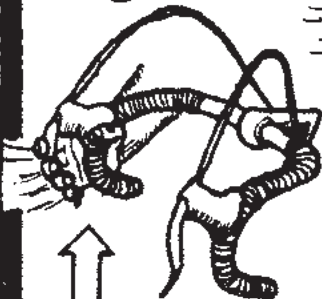
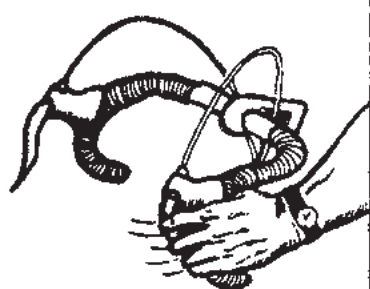
BRAKE

SAFELY....
BY USING...



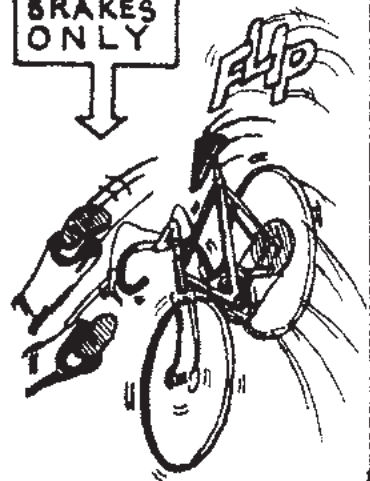
**BOTH
BRAKES**

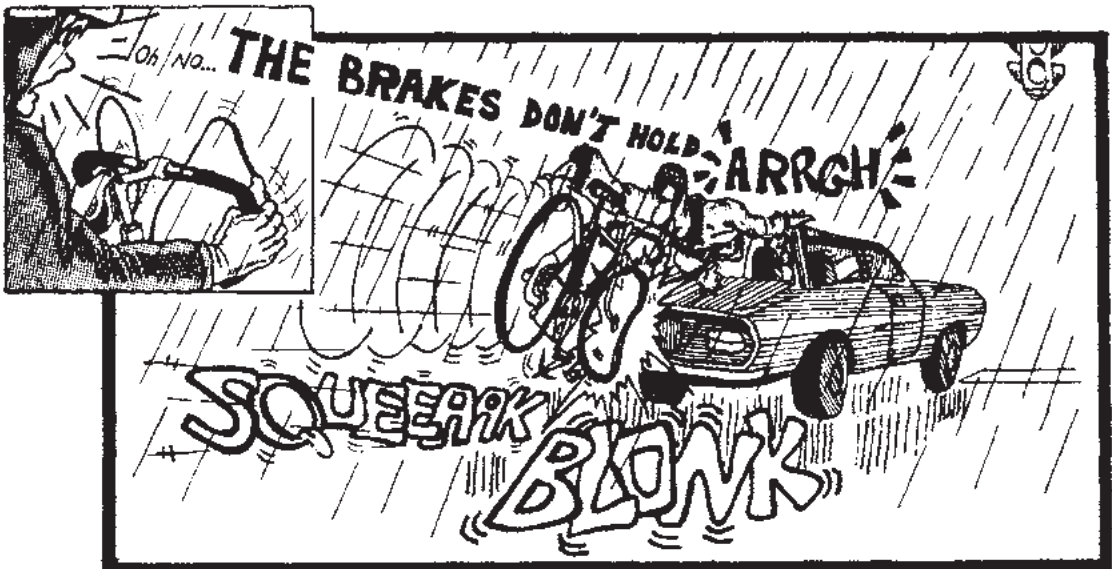
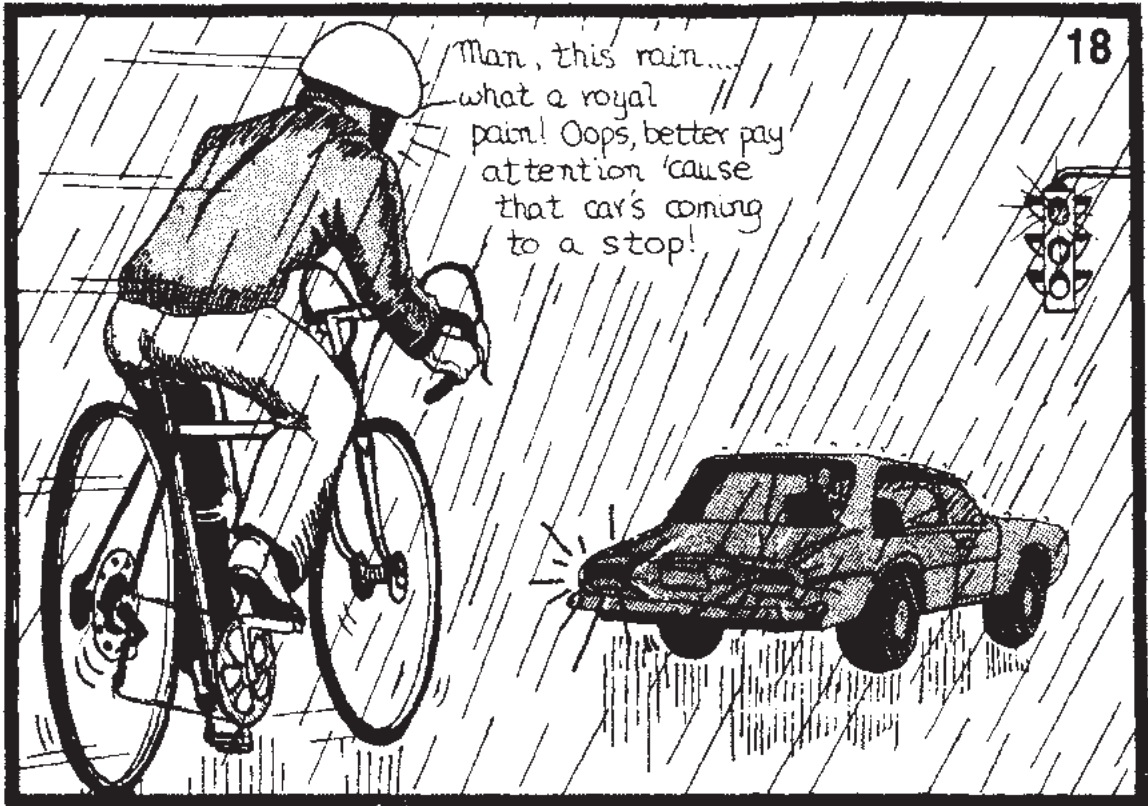
FOR QUICK
SMOOTH
STOPS!!



FRONT
BRAKES
ONLY

REAR
BRAKES
ONLY





RAIN IS A PAIN!

- o Handbrakes DO NOT work nearly as well in rain. Allow more time to stop than on dry pavement.
- o Ride SLOWER than normal.
- o Wear a LIGHT if visibility is poor.



Remember, above all.....

BE PREDICTABLE

in your riding!! Make your intention known!



LIGHTS AT



RIDE WITH TRAFFIC



I Live dangerously.....

DON'T SWERVE!!

SIGNAL

TRAFFIC SIGNAL

AT



DON'T

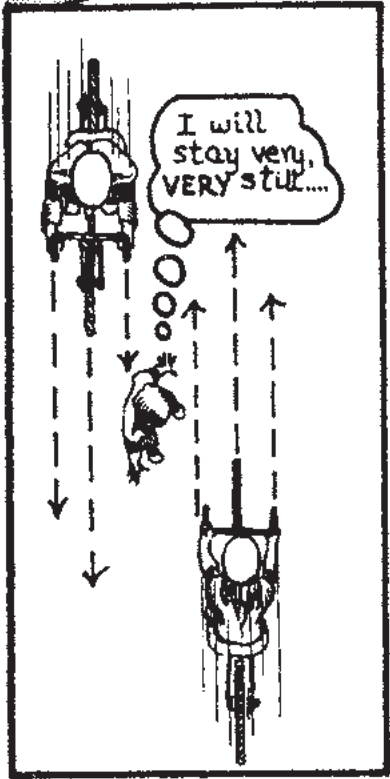
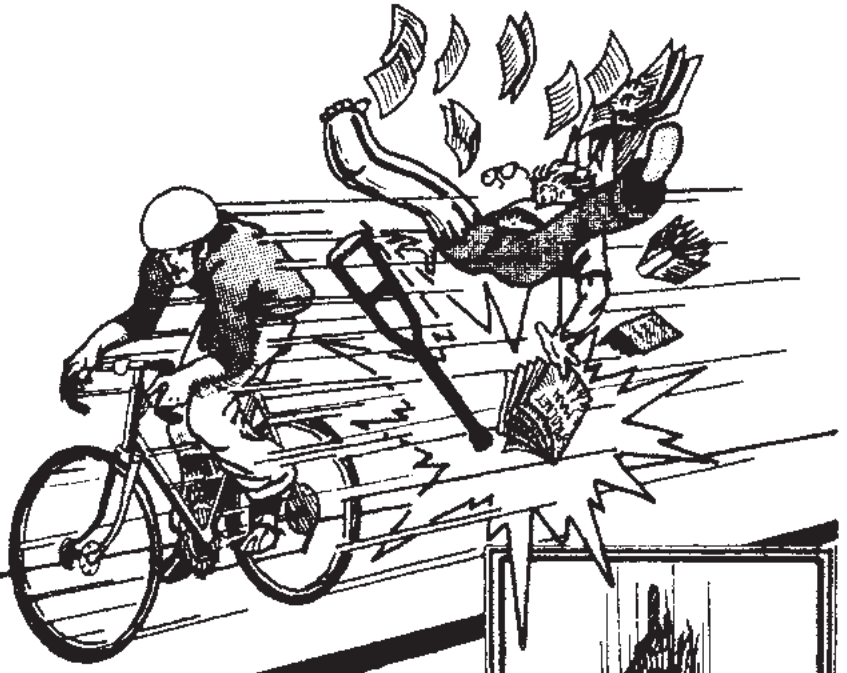
OBEY ALL





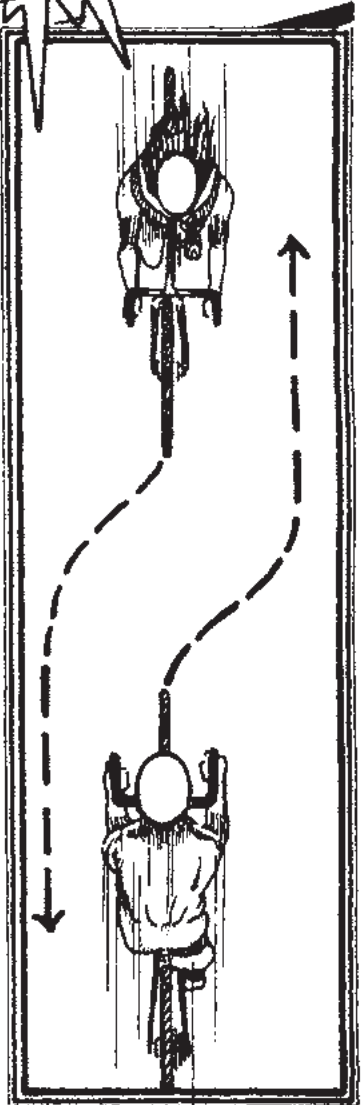
Play the **GOLDEN RULE** bit... No matter how much you like to ride a bike, **YOU'VE** got to walk **SOMETIME....**

Besides, the ped you hit may play the "**AN EYE FOR AN EYE**" bit at a later date.



However, sometimes it's much easier for the ped to **FREEZE** than the bicyclists. The ped should let the bikes go straight through while he either stops or maneuvers around the bike.

When coming **HEAD-ON** towards a pedestrian or another cyclist, **GO TO YOUR RIGHT !!**



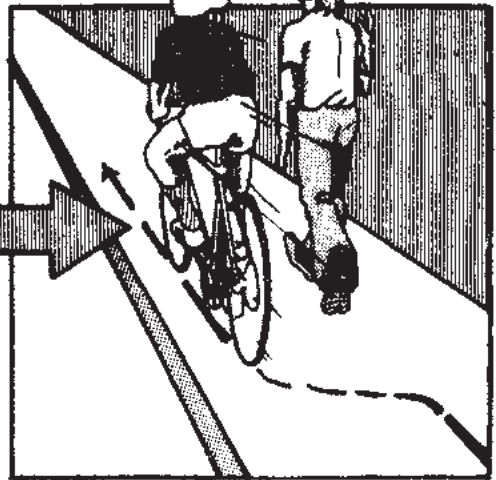
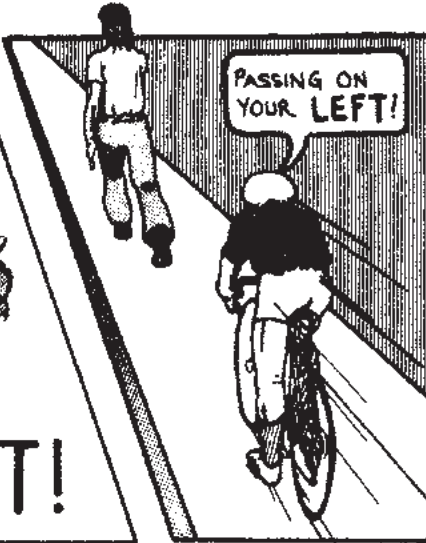
PASS A PEDESTRIAN ON

HIS
LEFT...

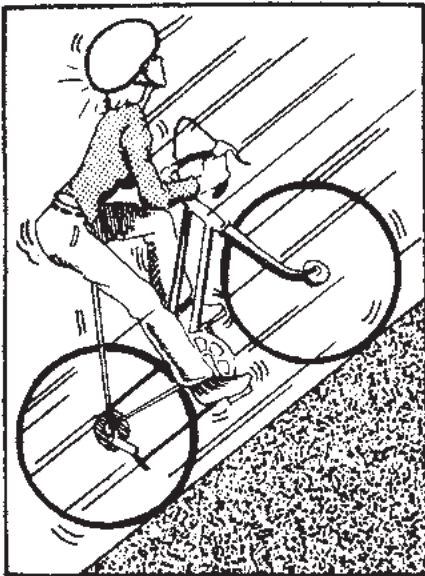
A
N
D



SAY IT!



21

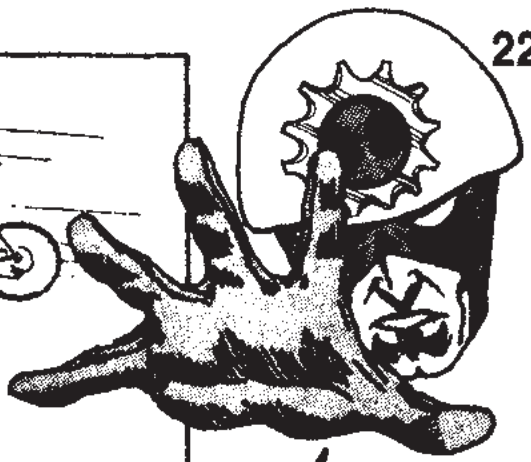
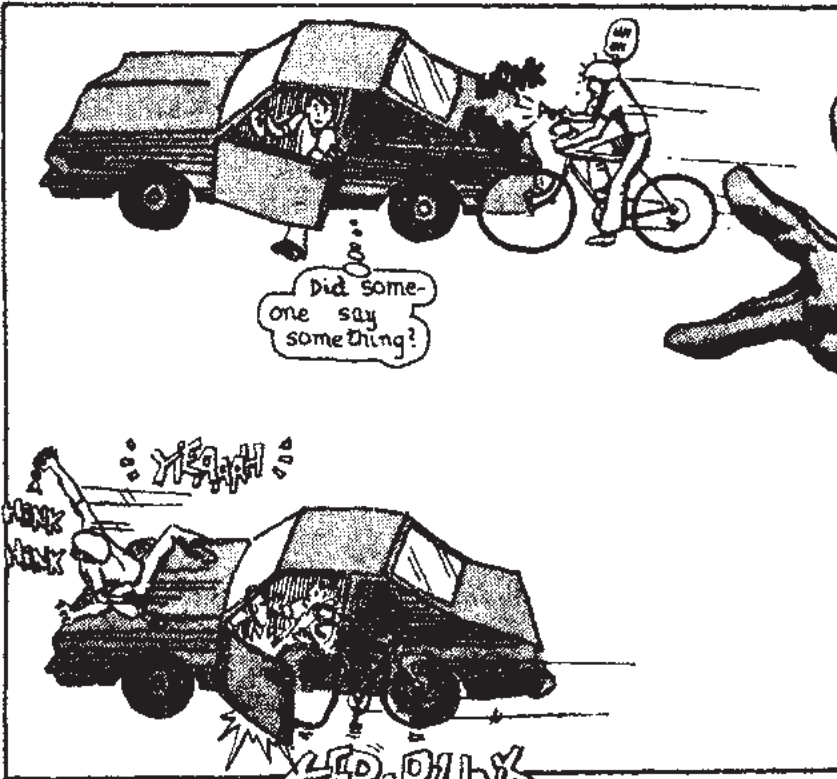


Be a pedestrian:

WALK YOUR BIKE

- when you're tired
- when a hill's too steep
- when an intersection is too complicated
- when the buffalo come to town.





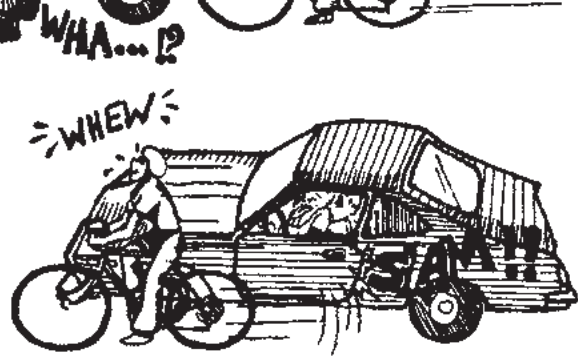
WATCH OUT FOR OPENING CAR DOORS!!



DON'T WASTE YOUR TIME FIDDLING A HORN OR BELL. GO FOR YOUR BRAKES AND.... SCREAM!!! MOVE LEFT BUT... DON'T SWING INTO TRAFFIC!!

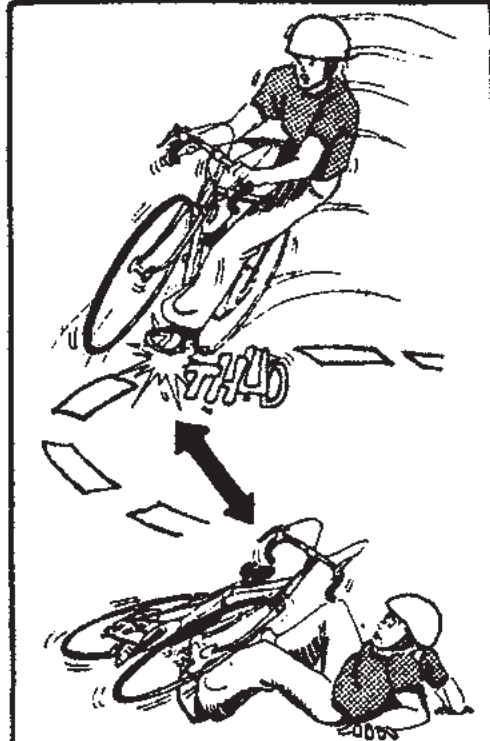
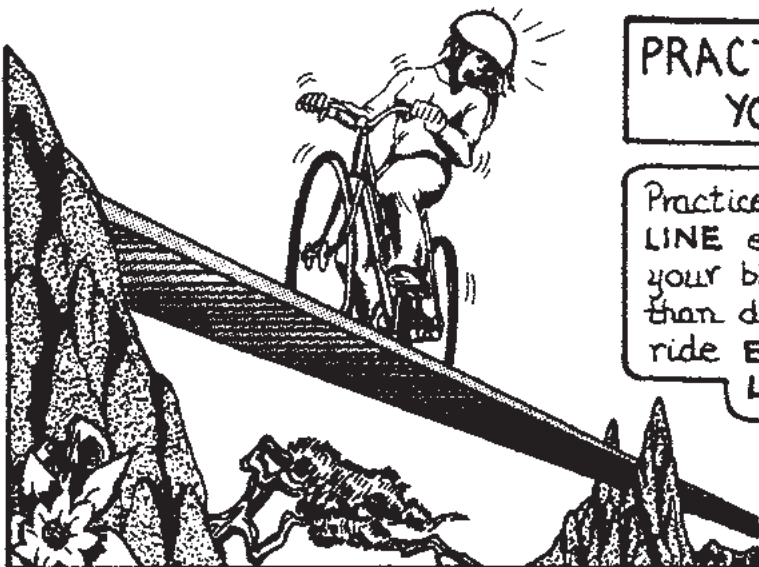


DON'T RIDE TOO CLOSE TO PARKED CARS.....
 -KEEP AN EYE OUT FOR DRIVER'S HEAD AS YOU APPROACH.....
 -WATCH OUT FOR DOUBLE-PARKING CARS 'CAUSE PASSENGERS MAY JUMP OUT ON YOUR LEFT.



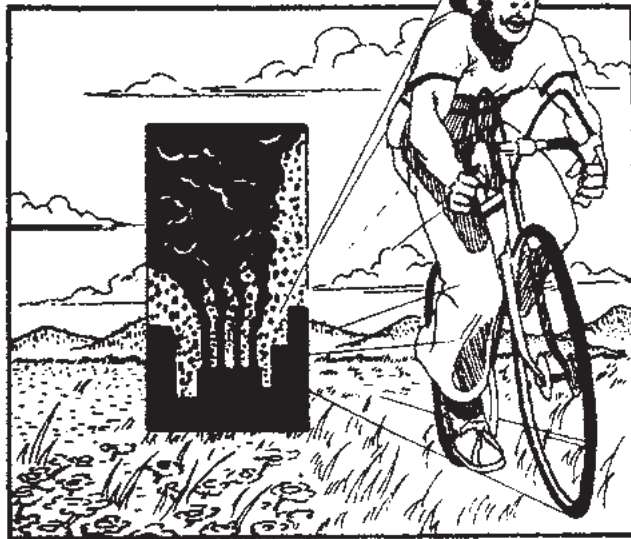
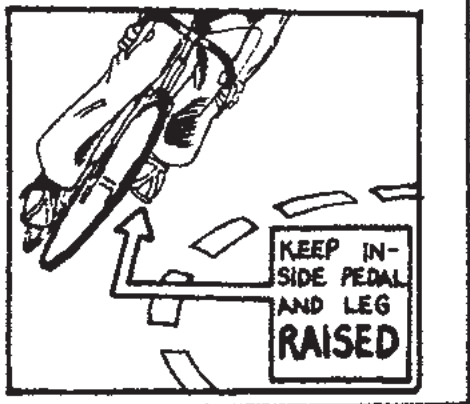
PRACTICE RIDING YOUR BIKE !!

Practice riding in a **STRAIGHT LINE** every time you get on your bike (it's easier said than done). Knowing how to ride **EVENLY** may save your **LIFE**, especially on narrow roads!



Around **CORNERS**, keep your **INSIDE** pedal and leg raised or you'll take a spill!

RIDE CREATIVELY. Try back roads where few cars (and bikes) roam. You'll see a lot more and breathe a lot **LESS** pollution!



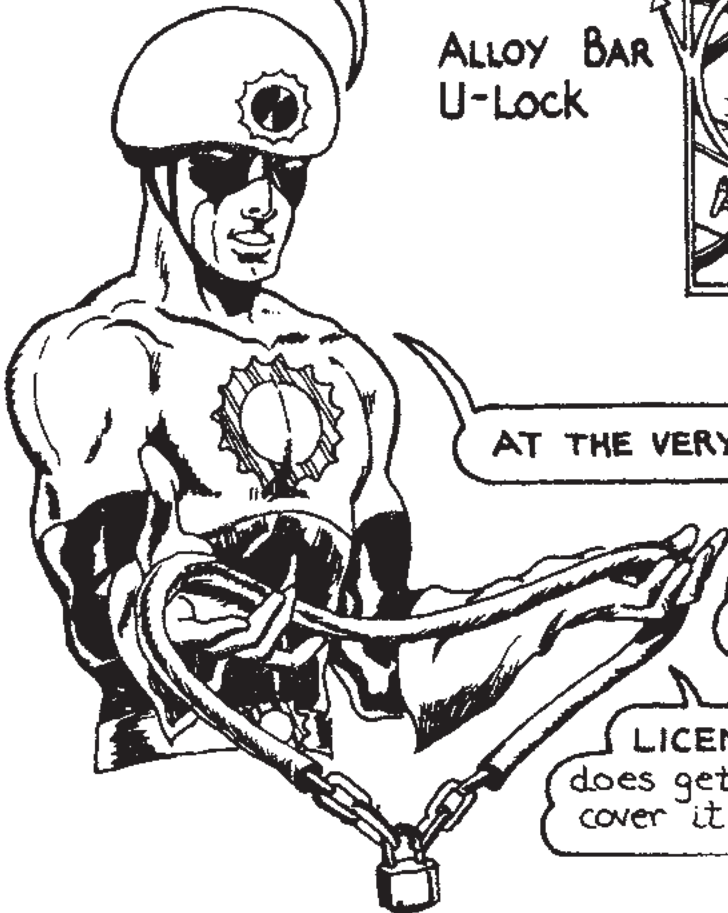
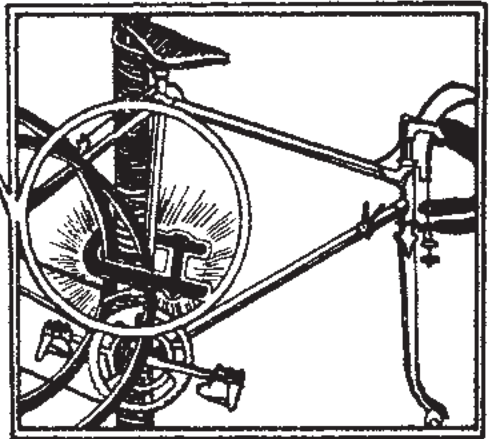
NO LOCKING SYSTEM IS FOOL-PROOF !!



However, certain bike locks do provide **MAXIMUM SECURITY!** Particularly for those bicycles with "quick-release," it is best to remove your front wheel and lock it as well.



ALLOY BAR U-Lock



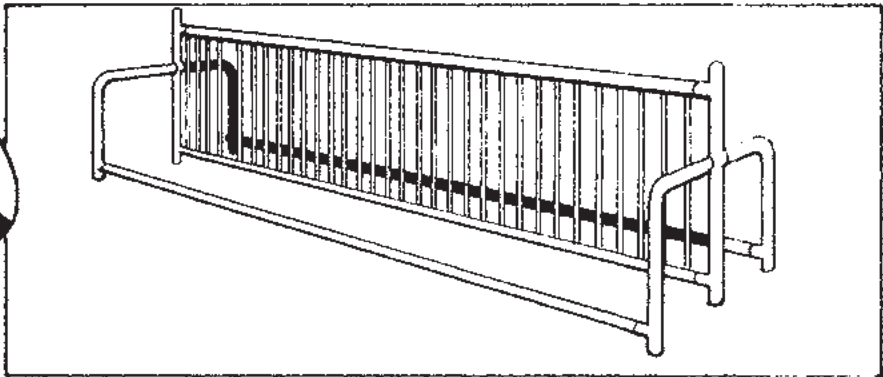
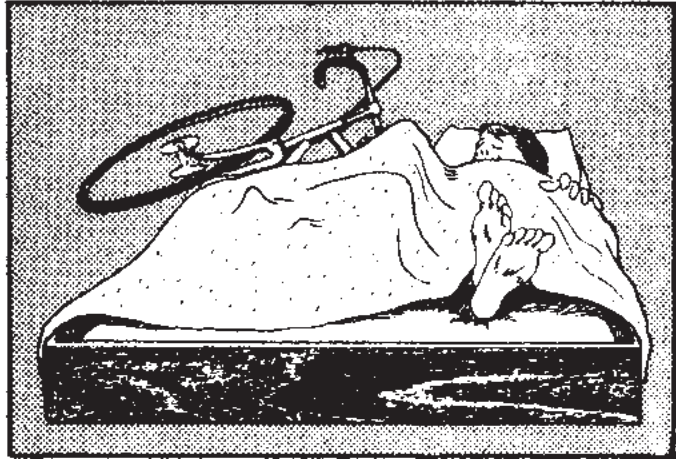
AT THE VERY LEAST, use a heavy chain (5/16" alloy) or cable and a good padlock. **NEVER** use a flimsy combination lock and chain !!

LICENSE your bike! If it does get stolen, you can recover it much more easily.

WHENEVER POSSIBLE,
TAKE YOUR BIKE
WITH YOU !!

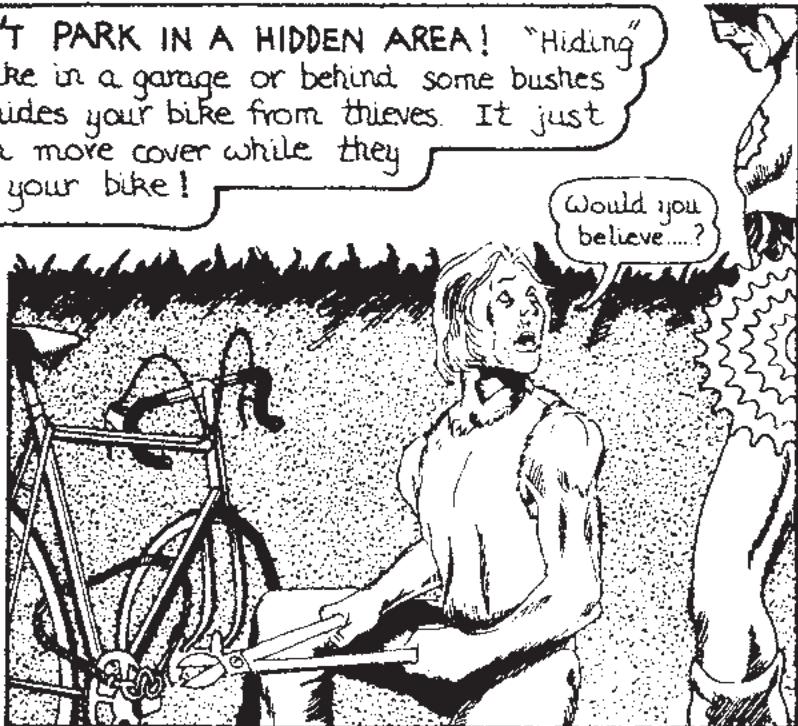
Otherwise, park
in a **HIGHLY**
VISIBLE location.

Use **LOCKERS**
and/or **FRAME**
RACKS, if available

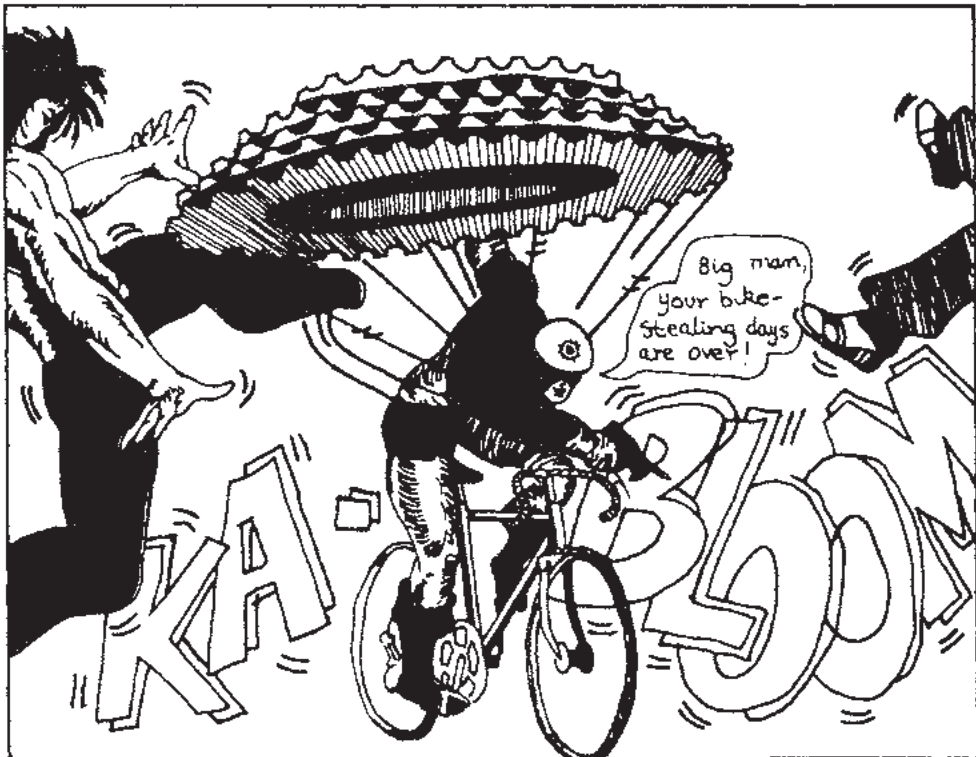
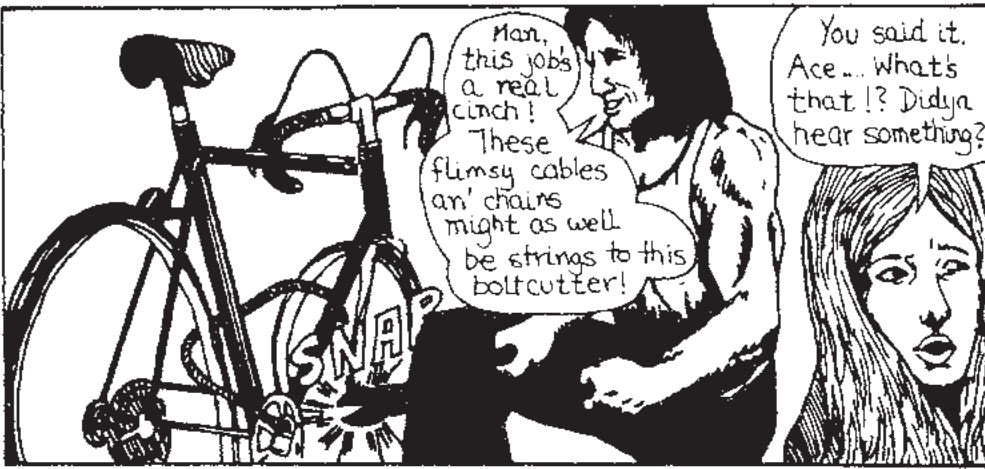


DON'T PARK IN A HIDDEN AREA! "Hiding"
your bike in a garage or behind some bushes
never hides your bike from thieves. It just
gives them more cover while they
STEAL your bike!

And **DON'T**
PARK NEAR
DOORS OR IN
OPEN PLAZAS
where people
might fall
over your
bike!



Would you
believe....?



THANK YOU, IT'S BEEN A
PLEASURE HELPING YOU
BECOME A SAFER CYCLIST.



For more information,
go to www.cpsc.gov or
call our hotline at
(800) 638-2772 to
report an unsafe
consumer product or
product-related injury.

... AND MAY THE WIND ALWAYS BE AT YOUR BACK



U.S. CONSUMER PRODUCT SAFETY COMMISSION

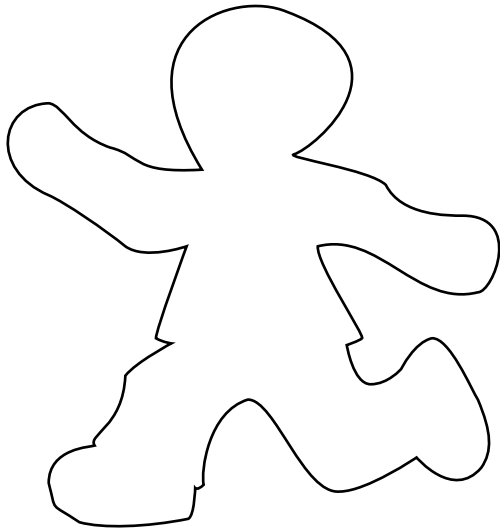
4330 East-West Highway, Bethesda, MD 20814

Web site: www.cpsc.gov

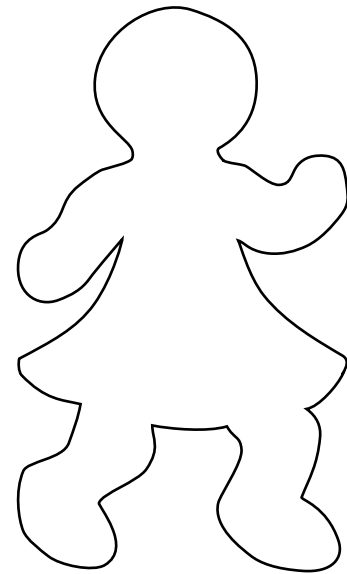
Toll-free hotline: 1-800-638-2772

It's Really Cool to Walk to School!

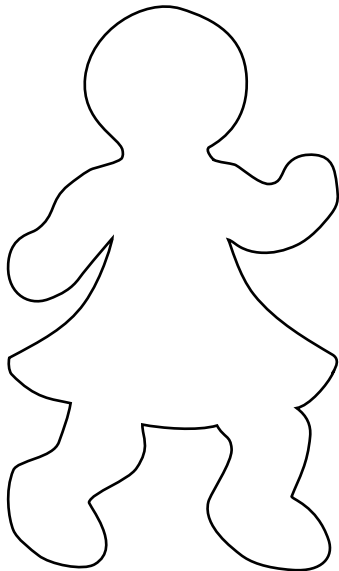
Dress the kids for the seasons & draw something active they are doing.



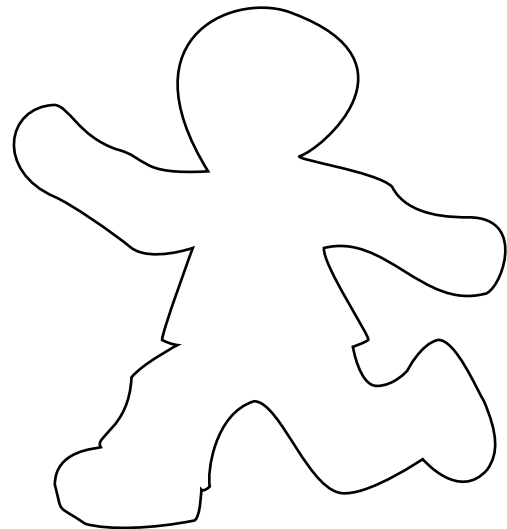
Fall



Winter



Spring



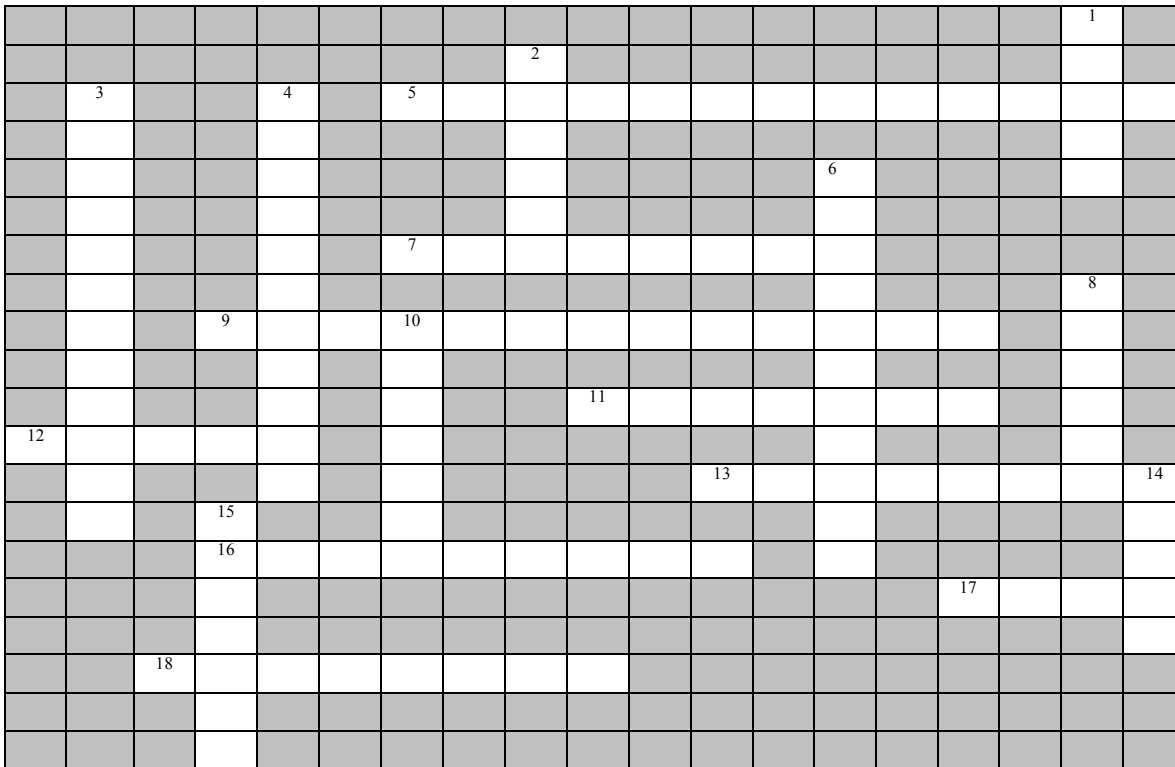
Summer

Green 
Communities
CANADA

This colouring poster is provided by Green Communities Canada | Active & Safe Routes to School program.

www.saferoutestoschool.ca

Walk to School Crossword Bonanza!



Across

5. This is the name of a group of pollutants that cause smog and global warming.
7. You should look _____ before you cross the street.
9. This is a gas that helps cause global warming. Our bodies also release it when we exhale.
11. Riding in a car may mean waiting in this.
12. These bears are disappearing quickly, because of the melting Arctic ice.
13. This system, consisting of your bones, provides support to your body. Physical exercise increases its density and strength.
16. Physical exercise helps increase your _____ span.
17. This is a brownish haze that forms in the air due to high pollution levels. It causes respiratory problems, such as asthma.
18. The part of the street you should walk on.

Down

1. This organ pumps blood throughout your body. Exercise helps improve its strength.
2. Wear this on your head when biking – it's the law!
3. "It's cool to _____!"
4. Global warming will cause year-round increases of this.
 6. These are burned to make fuel for cars, and are quickly being depleted. When they are burned, they release pollutants into the air.
8. A problem that affects your breathing, and may cause severe "attacks".
10. Riding this to school is a great way to exercise, too!
14. These organs are part of our respiratory system. Exercise improves their capacity, while pollution damages their tissue.
15. What is more fun, riding in a car with your parents, or _____ to school with your friends?

ANSWER KEY

Across

5. This is the name of a group of pollutants that cause smog and global warming. (**greenhouse gas**)
7. You should look _____ before you cross the street. (**both ways**)
9. This is a gas that helps cause global warming. Our bodies also release it when we exhale. (**carbon dioxide**)
11. Riding in a car may mean waiting in this. (**traffic**)
12. These bears are disappearing quickly, because of the melting Arctic ice. (**polar**)
13. This system, consisting of your bones, provides support to your body. Physical exercise increases its density and strength. (**skeletal**)
16. Physical exercise helps increase your _____ span. (**attention**)
17. This is a brownish haze that forms in the air due to high pollution levels. It causes respiratory problems, such as asthma. (**smog**)
18. The part of the street you should walk on. (**sidewalk**)

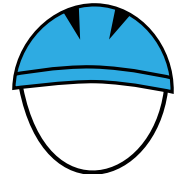
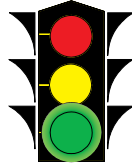
Down

1. This organ pumps blood throughout you body. Exercise helps improve its strength. (**heart**)
2. Wear this on your head when biking – it’s the law! (**helmet**)
3. “It’s cool to _____!” (**walk to school**)
4. Global warming will cause year-round increases of this. (**temperature**)
6. These are burned to make fuel for cars, and are quickly being depleted. When they are burned, they release pollutants into the air. (**fossil fuels**)
8. A problem that affects your breathing, and may cause severe “attacks”. (**asthma**)
10. Riding this to school is a great way to exercise, too! (**bicycle**)
14. These organs are part of our respiratory system. Exercise improves their capacity, while pollution damages their tissue. (**lungs**)
15. What is more fun, riding in a car with your parents, or _____ to school with your friends? (**walking**)



ACTIVITY #9: WORD FIND

Find the words listed on the left in the group of letters on the right.
Circle the word when you find it.



HELMET

G B R H K Q R R

RED

Y R W G B I K E

STOP

E O E R U A L D

GREEN

L Y H E L M E T

BIKE

L W V O N G R S

YELLOW

O U B I S T O P

W X K R E N J K



NAME: _____

AGE: _____



ACTIVITY #3: WORD FIND

Find the words listed on the left in the group of letters on the right. Circle the word when you find it.

BICYCLE	N	T	I	Q	N	S	L	Y	A	L
SAFETY	A	O	B	C	R	I	D	T	F	I
HELMET	M	H	I	N	D	G	O	E	R	S
SIGNS	F	T	C	T	X	N	U	F	I	K
FUN	E	A	Y	T	C	S	H	A	E	L
FRIENDS	R	P	C	R	A	E	M	S	N	Z
CAUTION	Y	A	L	A	L	K	T	C	D	S
PATH	D	R	E	M	O	Y	C	O	S	M
PROTECTION	S	P	E	S	N	A	V	T	R	E
SMART	Y	T	C	A	U	T	I	O	N	P



NAME: _____

AGE: _____



ACTIVITY #7: WORD SCRAMBLE

Unscramble each word and write it in the spaces provided. Then create a sentence using three of the words.

FAYTES

EDAH

CIBLYEC

GIHRT

TOCRINETOP

LETMHE

Create a sentence using 3 of the words from the above exercise.



NAME: _____

AGE: _____