

# INTRODUCTION



The National Highway Traffic Safety Administration (NHTSA) has put together this **Bicycle Safety Activity Kit** to provide parents, caregivers, teachers, community leaders, and children with tools to learn the important basics about bicycle safety. This kit can be used in school or community bicycle safety programs or in conjunction with Safe Routes to School (SRTS) programs. The kit contains age-appropriate activities emphasizing crashes and related injuries while bicycling. While the activities focus on awareness and education, through applying this knowledge to actual safety behaviors we can help to save a life; the life may even be yours or that of your child.

NHTSA thanks you for your participation in promoting bicycle safety. Through playing and learning together, sending the same safety messages, we all can make a difference.

If you have questions or for more information, please see the section [Resources and References](#).

## USING THE ACTIVITY KIT

The games and activities included in this kit are designed to teach children the basics about bicycle safety, including the importance of wearing a bicycle helmet, recognizing traffic signs and signals, how to behave in a safe manner while riding a bicycle, and other cycling safety tips. It is important that children are “walked” through all of the games and activities to ensure they understand how to proceed and then after completion adults should discuss what they learned from doing the activity. Adults are encouraged to use the activities to prompt further discussion with children regarding proper and safe bicycle safety behavior.

The activities are aimed at two age groups, 4- to 7- year olds and 8- to 11- year olds. For both age groups we recommend an age-appropriate discussion regarding the safety basics - *The Top Bicycle Safety Rules and the Rules of the Road*.

Finally, keep in mind that both age groups can benefit from interactive learning. For instance at helmet safety checks, children are assessed for correct fit, taught through demonstration and practice how to fit a helmet correctly, and develop their skills. Children can also participate in actual on-bicycle experience in a parking lot done as part of physical education or a bicycle rodeo.”

## Activities for Children Ages 4 to 7

Bicycle safety education is a practical means for teaching young children basic skills including recognition of the shapes and colors used for road signs. Ask the children to help you make stop signs, bicycle yield signs, etc., and place them in doorways or “intersections” in the house or classroom. Then you can play and practice the rules of the road. Children can learn their left from right ---you can teach them left from right by placing a sticker on the left hand and explain to always look in that direction first before crossing the road. (Note:

# SECTION 1: PARENTS/CAREGIVERS, TEACHERS AND COMMUNITY LEADERS



**Note:** all the activity sheets are in Adobe Acrobat pdf format.  
To obtain a free copy of Adobe Acrobat Reader, go to [www.adobe.com](http://www.adobe.com)

## Dear Parents/Caregivers, Teachers and Community Leaders:

Bicycles are a source of enjoyment and entertainment for children; bikes also provide them with mobility, a way to visit friends, and explore their surroundings. However, a crash that results in a serious brain injury can greatly reduce a child's ability to grow up to be healthy and productive. A bicycle is actually a non-motorized vehicle and just like driving a motorized vehicle, there are responsibilities that go along with it to ensure personal safety as well as the safety of others. That's why it is so important to teach your children the basic principles of bicycle safety.

Did you know that in the event of a crash, wearing a bicycle helmet reduces the risk of brain injury and head injury by as much as 85 to 88 percent? Unfortunately, estimates on helmet usage suggest that only 25 percent of children age 5 to 14 wear a helmet when riding a bike; for teen riders, the percentage using a bicycle helmet is close to zero! Children and adolescents' most common complaints are that helmets are not fashionable or "cool," their friends don't wear them, or they are uncomfortable and too hot. Bicycle riders also say that they do not think about the importance of bicycle helmets or safe bicycling habits, nor about the need to protect themselves from injury, particularly if they are not riding in traffic.

One of the first steps in teaching children about bicycle safety is to be a role model – "practice what we preach." To better ensure that children understand bicycle safety and engage in life-long bicycle safety behaviors, adults need to demonstrate the desired behaviors when cycling including wearing a helmet and following the rules of the road.

## Activities For Children Ages 4 to 7

- **Activity #1: Safety Basics** —Top Bicycle Safety Rules and the Rules of the Road
- **Activity #2: Decorate the Helmet** —Add stickers, glitter, etc., or simply color the helmet the way you like.
- **Activity #3: Complete the Safety Lesson**—Cut out the missing picture and complete the safety lesson. Verbally go over the first two pictures with the children and then ask them to finish the story matching one of the pictures at the bottom of the page.

- **Activity #4: Connect the Dots**—Draw a line from dot to dot, following the numbers and an image will appear.
  - **Activity #5: Arrange the Safety Steps**—Cut out the four pictures and put them in order in the numbered boxes provided. Arrange the pictures based on the Top Bicycle Safety Rules.
  - **Activity #6: Color the Signs**—Color the sign, then write below the name of the sign and what it means.
  - **Activity #7: Colors of Safety**—Write the name of each item under the picture. Draw something of the same color in the blank box.
  - **Activity #8: Cross with Care**—Match the sentence on the left side of the page with a picture that shows the action. Write the sentences in order.
  - **Activity #9: Word Find**—Find the words listed on the left in the group of letters on right. Circle the word when you find it.
- 

## Activities For Children Ages 8 to 11

- **Activity #1: Safety Basics**—Top Bicycle Safety Rules and the Rules of the Road
- **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.
- **Activity #3: Word Find**—Find the words listed on the left in the group of letters on right. Circle the word when you find it.
- **Activity #4: Draw a Safety Scene**—Draw a scene using the images provided on the page. Write two complete sentences that describe what you have drawn.
- **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.
- **Activity #6: Crossword Puzzle**—Answer the questions and write the word in the correct space for each number. Answers are based on the top 10 bicycle safety rules and the safety material in this guide.
- **Activity #7: Word Scramble**—Unscramble each word and write it in the spaces provided. Then create a sentence using three of the words.
- **Activity #8: Connect the Dots**—Draw a line from dot, to dot following the numbers and an image will appear.
- **Activity #9: Draw a Map**—Draw a map of your favorite bicycle route (to school, to a friend's, etc.)

While it is important to teach them about safety, children in this age range do not have the maturity to understand how traffic works, and thus, should not be crossing the street without a responsible person or adult).

This booklet includes activities such as coloring, connecting-the-dots, arranging safety steps and word finds, which are designed to help young children understand the importance of bicycle safety from an early age, while practicing their reading and writing skills. Included in the **Bicycle Safety Activity Kit** are games, along with instructions that you can present to the children, such as Bingo, Memory, Word Find, Puzzles, etc. You can help them play the games or you can teach them how to play and then let them play in groups. All the activities revolve around bicycle safety.

## Activities for Children Ages 8 to 11

Children ages 8 to 11 desire greater independence. A bicycle is often their first means of independent transportation. For this group, the kit can be used to review the basics of bicycle safety and to challenge them to apply their knowledge by completing activities that make learning fun. They can draw a safety scene, find safety messages and draw a bicycle route to school or a friend's. Be sure to encourage some discussion and questions.

All of these games and activities are a way to emphasize the message about bicycle safety and the importance of recognizing the traffic signs that will help them be bike smart and bike safe!

---

[Home](#) [Parents/Caregivers, Teachers, and Community Leaders](#) [Children Ages 4 to 7](#) [Children Ages 8 to 11](#) [Games and Materials](#) [References and Resources](#)

# SECTION 2: CHILDREN 4 TO 7 YEARS OLD



---

**Note:** all the activity sheets are in Adobe Acrobat pdf format.  
To obtain a free copy of Adobe Acrobat Reader, go to [www.adobe.com](http://www.adobe.com)

## Hi There!

Let's talk about you and your bicycle. Riding is fun and a great way to get around, visit friends and explore -- but bicycles aren't toys. Bicycles are actually vehicles--- your first car! Learning to ride safely and to keep safe while riding will allow you years and years of FUN!

Speaking of safety---Do you wear your helmet each time you ride? Do you know what the traffic signs mean? Do you walk your bike when you cross the street? Do you wear bright clothing and reflectors so others can see you?

The activities in this kit will help you make choices that will keep you safe while you have fun. If there's something you don't understand, ask an adult to help. Ready? Let's Go!

---

**Activities For Children Ages 4 to 7 see following pages**



## 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.



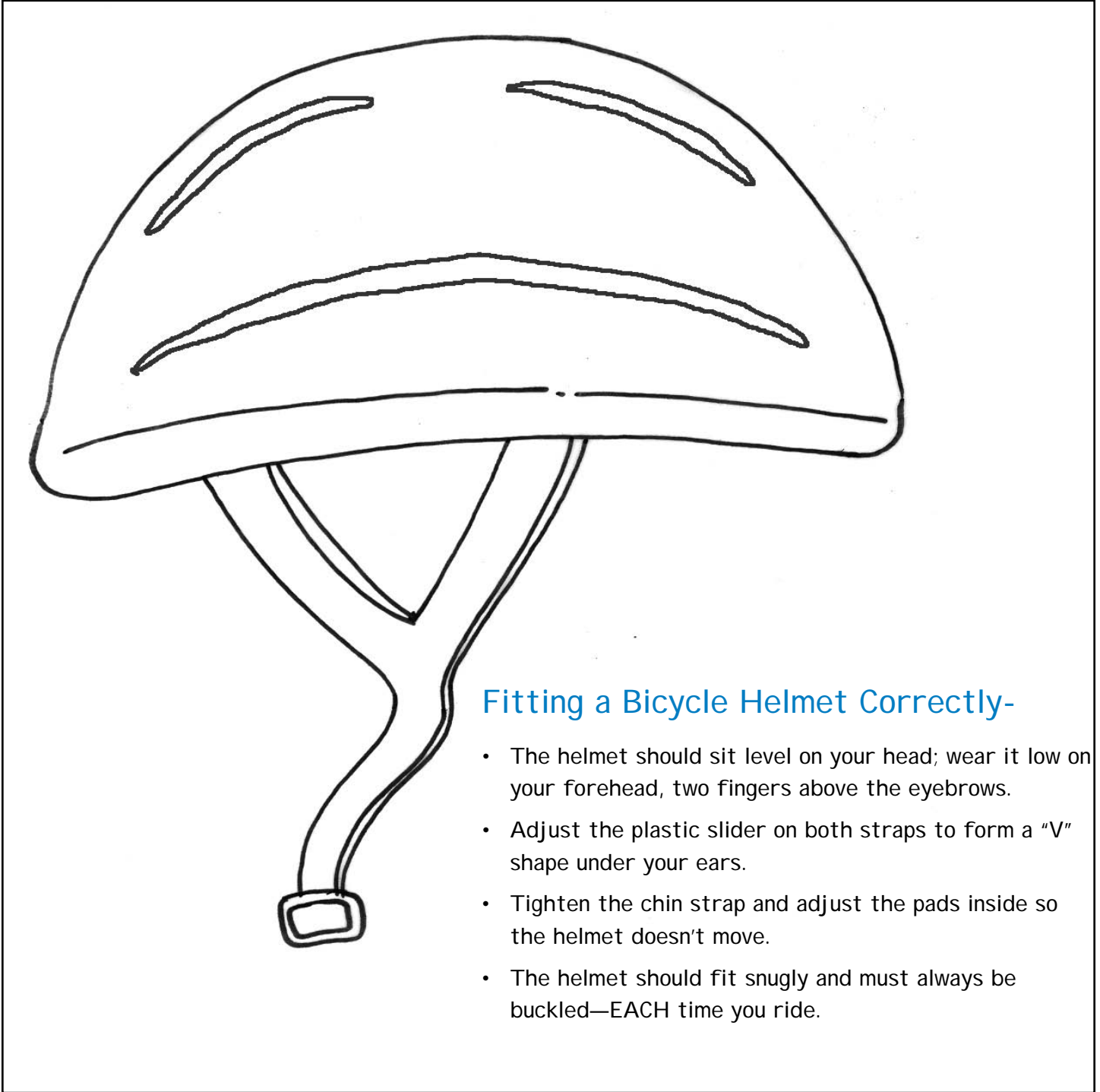
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## ACTIVITY #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.



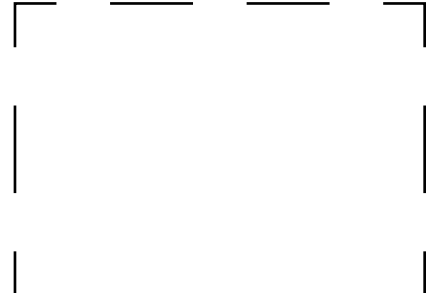
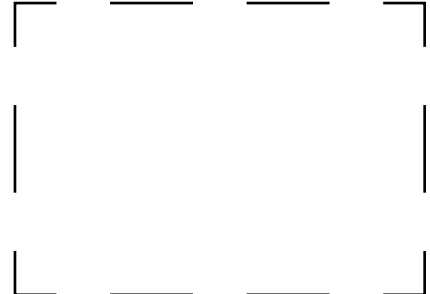
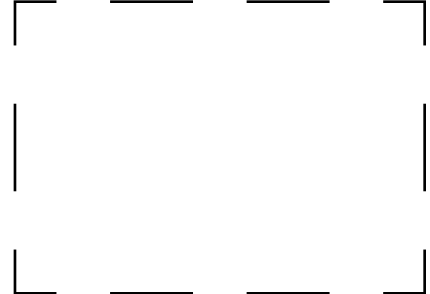
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## ACTIVITY #3: COMPLETE THE SAFETY LESSON

Cut out the missing picture and complete the safety lesson.



Cut out and paste above ✂



NAME: \_\_\_\_\_

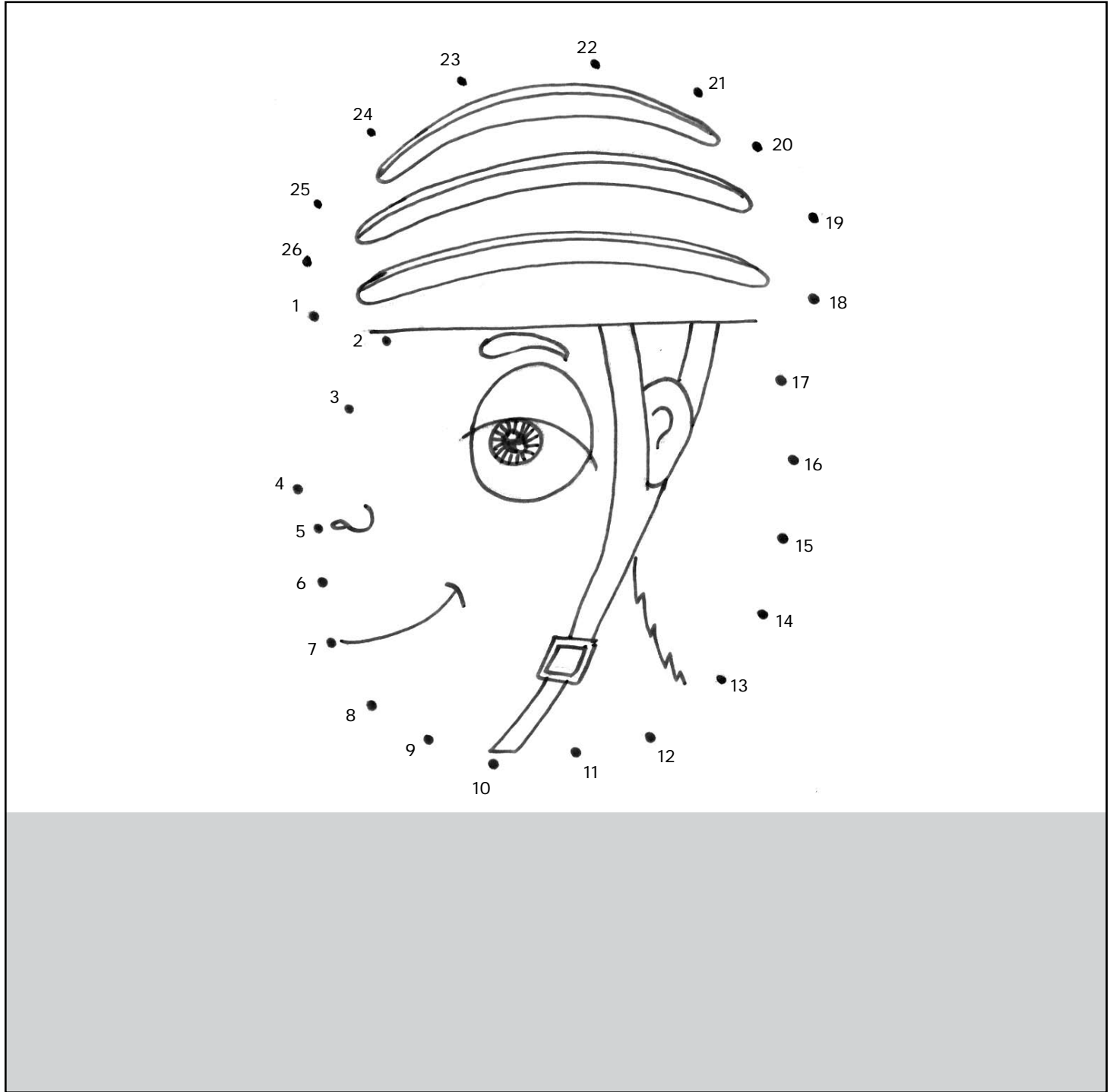
AGE: \_\_\_\_\_





## ACTIVITY #4: CONNECT THE DOTS

Draw a line from dot to dot following the number.



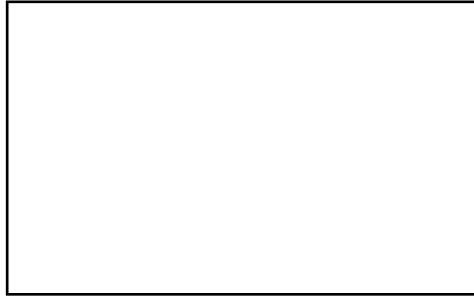
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

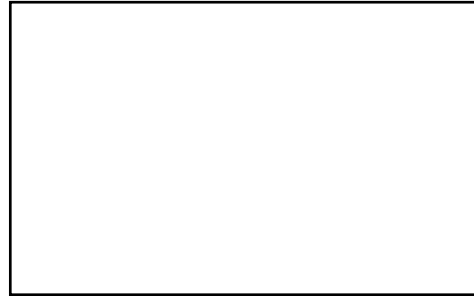


## ACTIVITY #5: ARRANGE THE SAFETY TIPS

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



1



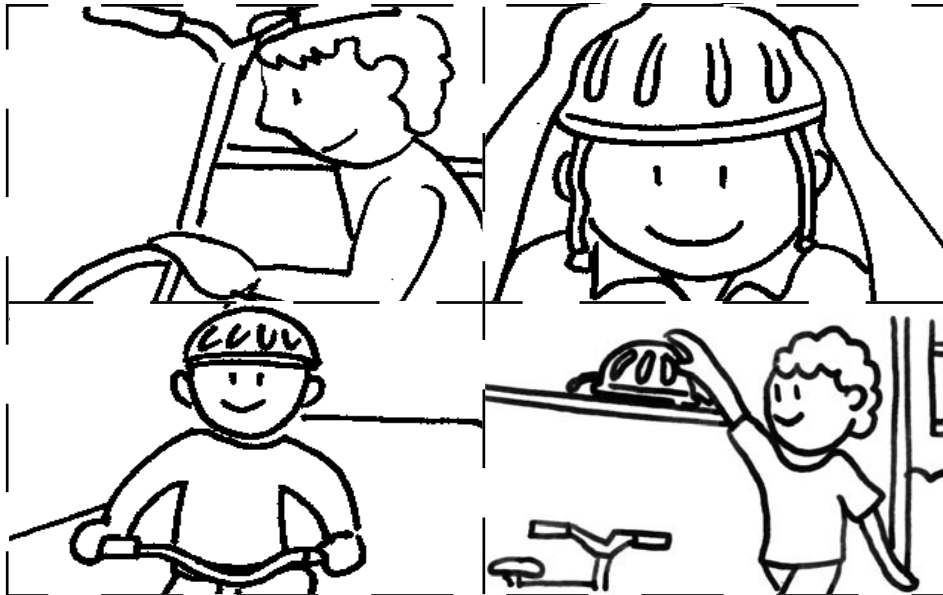
2



3



4



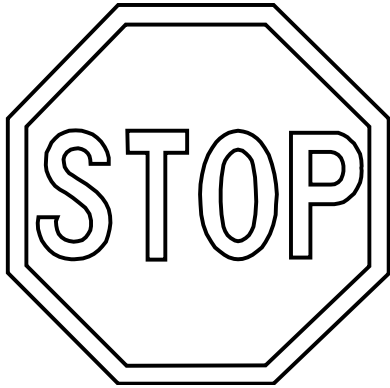
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



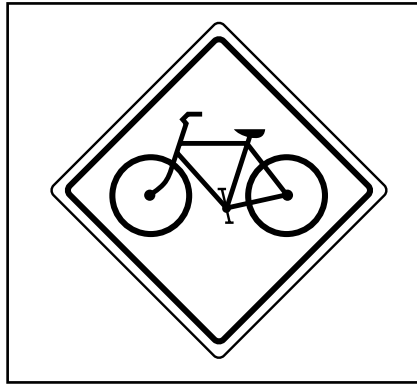
## ACTIVITY #6: COLOR THE SIGNS

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.



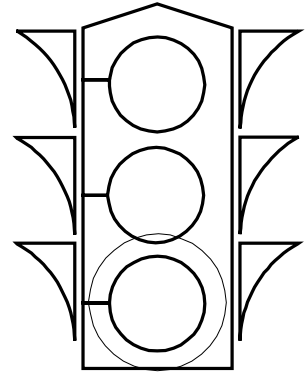
---

---



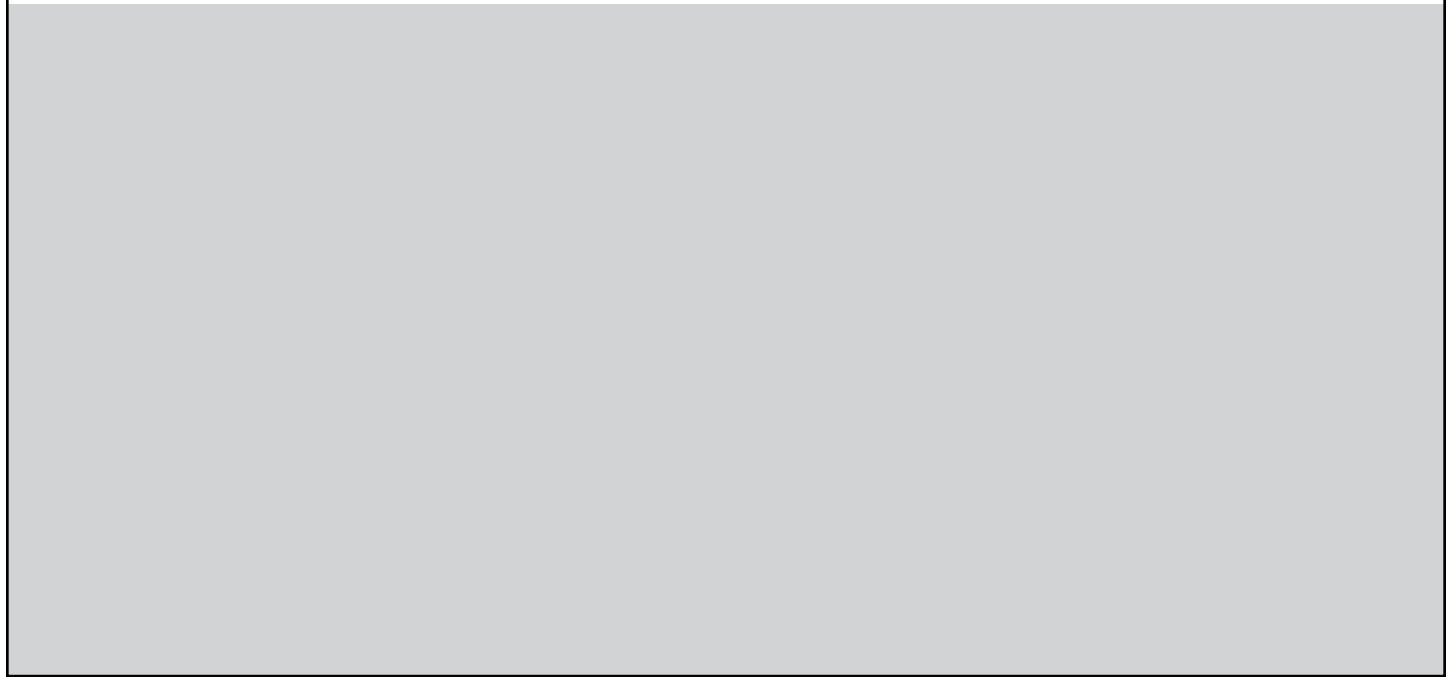
---

---



---

---




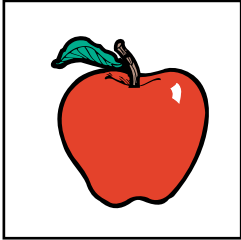
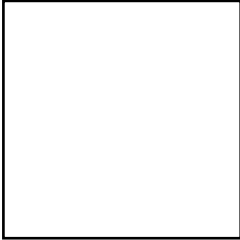
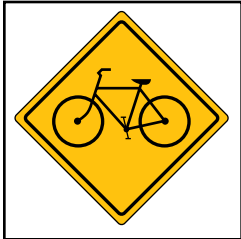
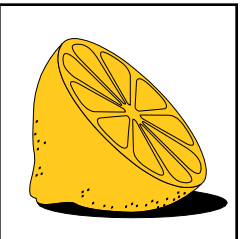
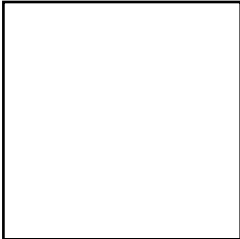
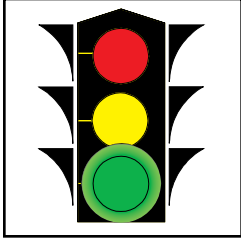
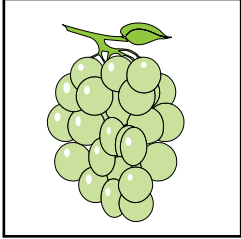
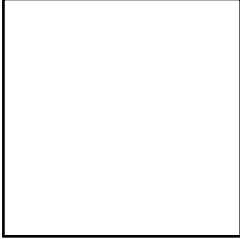
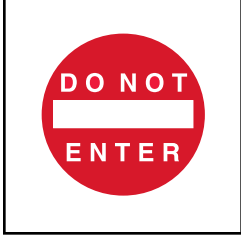
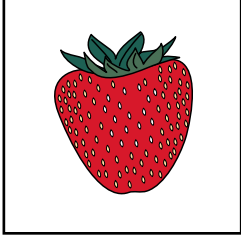
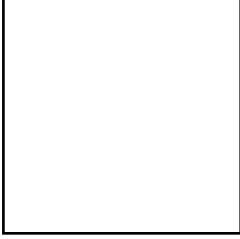
NAME: \_\_\_\_\_

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.




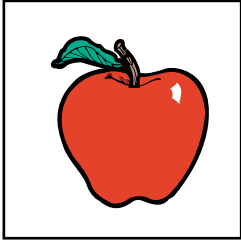
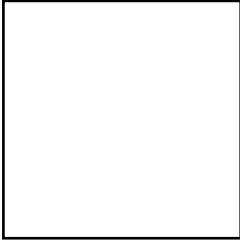
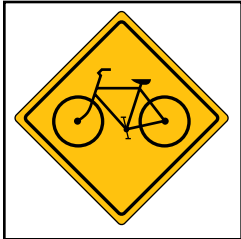
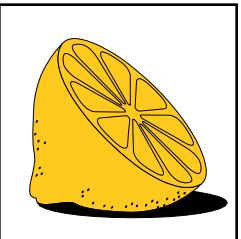
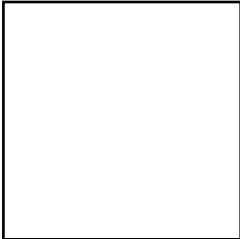
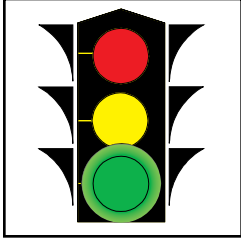
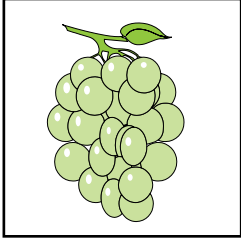
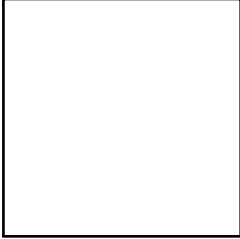
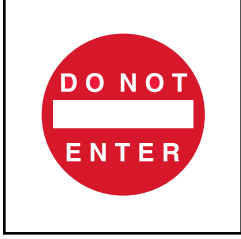
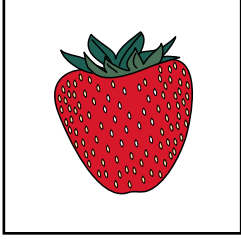
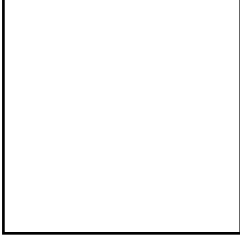
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## ACTIVITY #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: \_\_\_\_\_

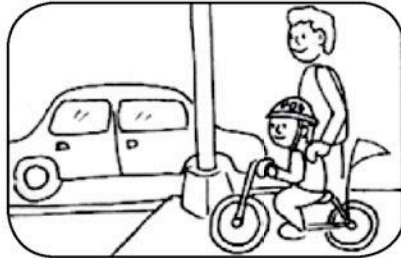
AGE: \_\_\_\_\_



## ACTIVITY #8: CROSS WITH CARE

Match the sentence on the left side of the page with a picture that shows the action.  
Write the sentences in order.

Look left-right-left before crossing.



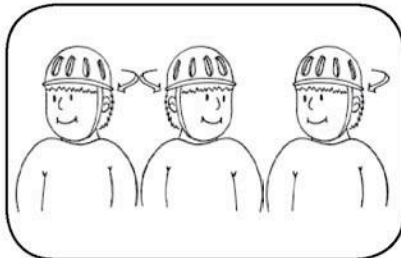
1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stop at the corner.



2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Walk your bike across the street.



3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Get off your bike.



4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



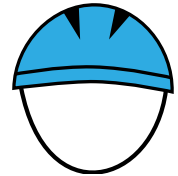
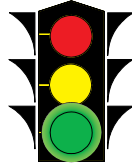
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## 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: \_\_\_\_\_

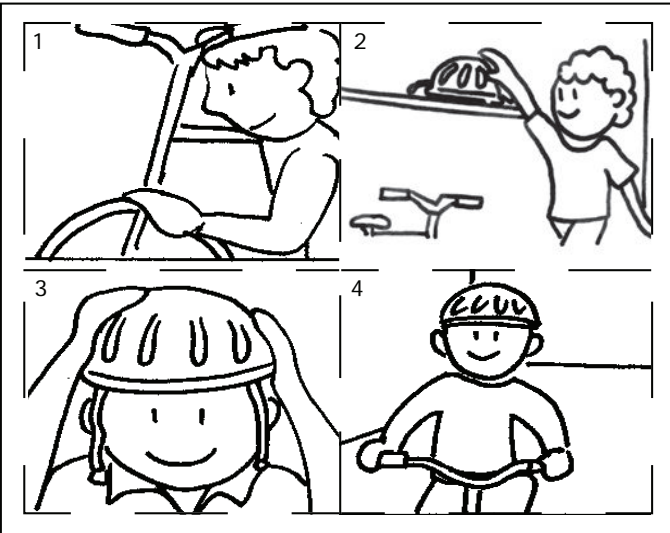
AGE: \_\_\_\_\_

# ANSWER KEY SHEET

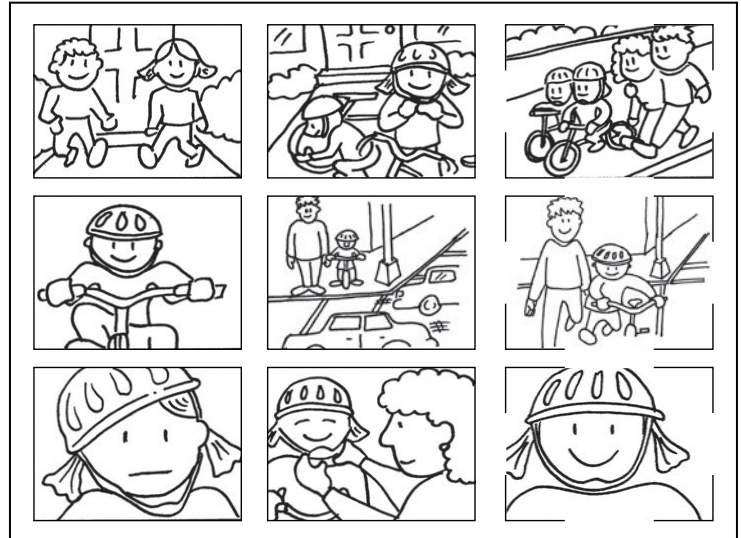


AGES 4-7

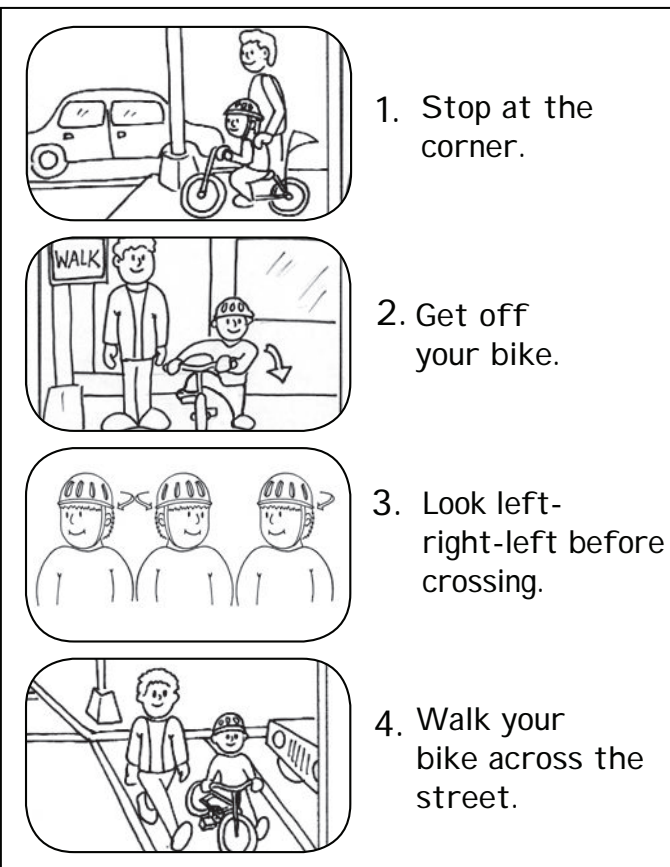
## ARRANGE SAFETY STEPS



## COMPLETE THE SAFETY LESSON



## CROSS WITH CARE



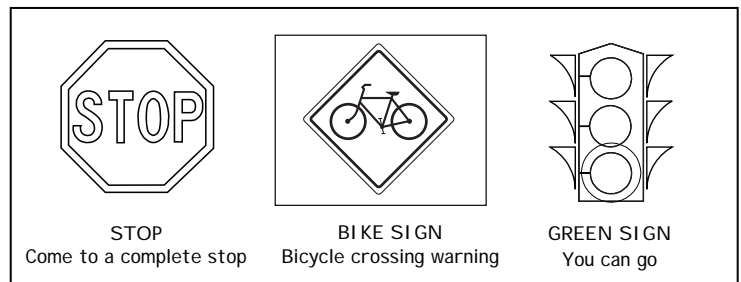
1. Stop at the corner.

2. Get off your bike.

3. Look left-right-left before crossing.

4. Walk your bike across the street.

## COLOR THE SIGNS

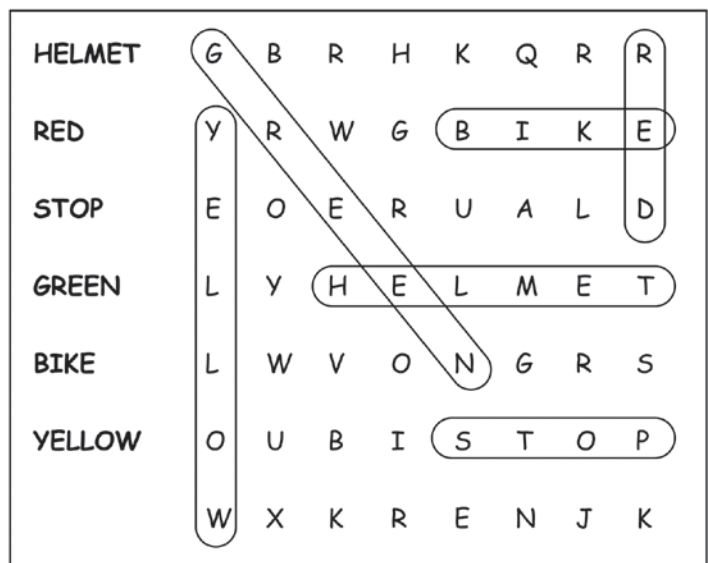


STOP  
Come to a complete stop

BIKE SIGN  
Bicycle crossing warning

GREEN SIGN  
You can go

## WORD FIND



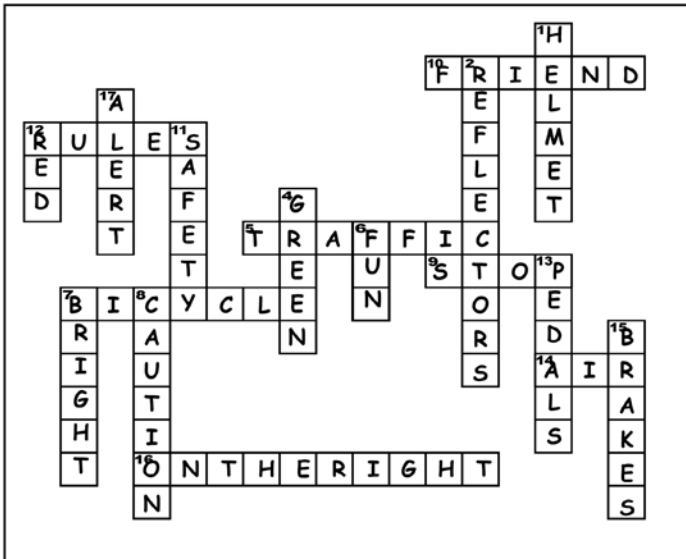


# ANSWER KEY SHEET

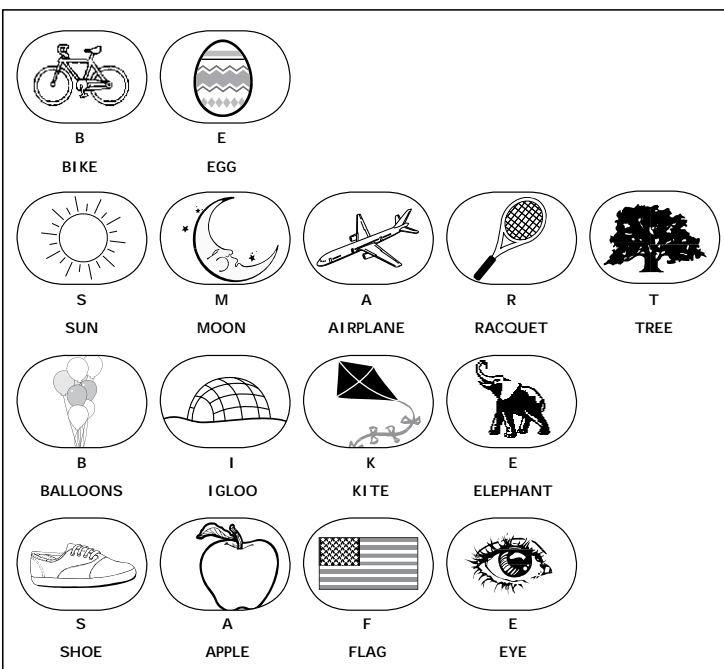


AGES 8-11

## CROSSWORD PUZZLE



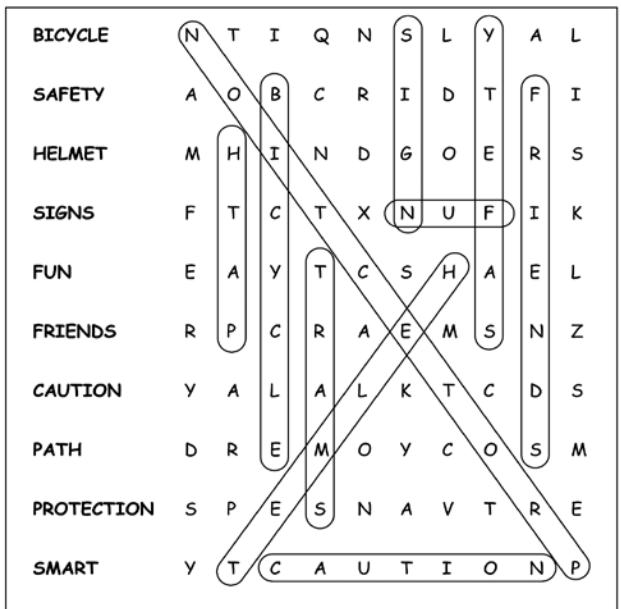
## FIND THE SAFETY MESSAGE



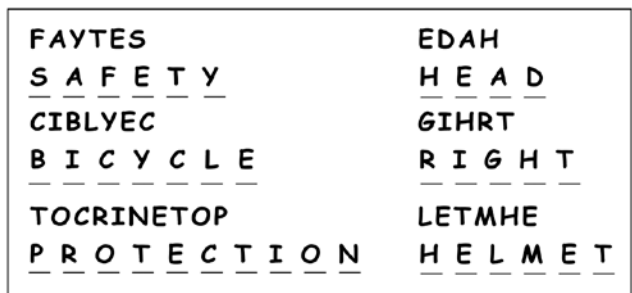
## CLOSEST ROUTE

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



## WORD SCRAMBLE



# SECTION 3: CHILDREN 8 TO 11 YEARS OLD



**Note:** all the activity sheets are in Adobe Acrobat pdf format.

To obtain a free copy of Adobe Acrobat Reader, go to [www.adobe.com](http://www.adobe.com)

## Hi There!

We will be talking about you and your bicycle. Riding is fun and a great way to get around, visit friends and explore- but bicycles aren't toys. Bicycles are actually vehicles. Learning to ride safely and to keep safe while riding will allow you years and years of FUN!

Speaking of safety---Do you wear your helmet each time you ride? Do you know what the traffic signs mean? Do you walk your bike when you cross the street? Do you wear reflective clothing and reflectors so others can see you?

This bicycle safety kit and all the activities will help you make choices that will keep you safe while you have fun. If there's something you don't understand, ask an adult to help. Ready? Let's Go!

---

**ACTIVITIES For Children Ages 8 to 11 see following pages**



## 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.



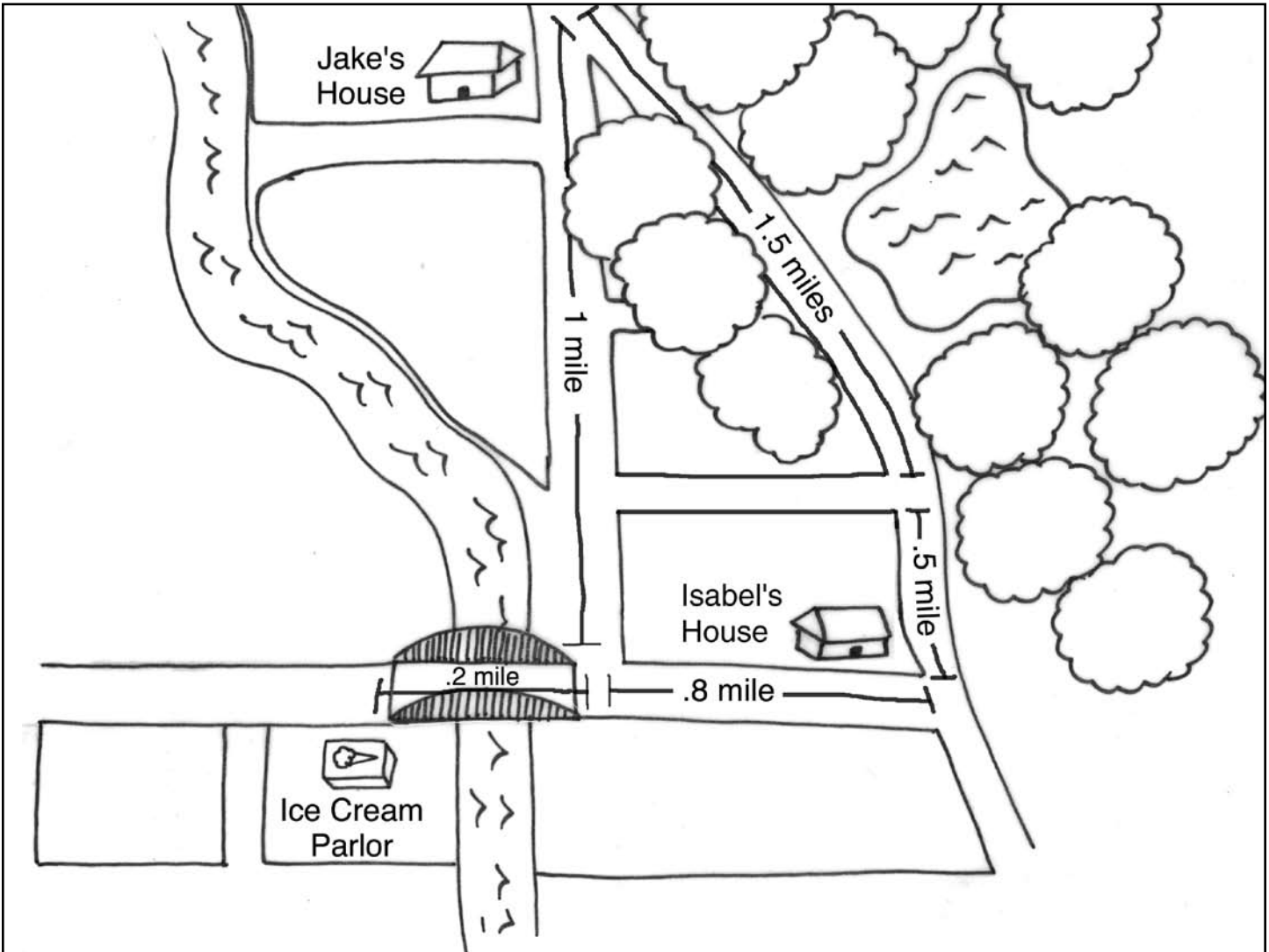
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



**ACTIVITY #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 #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



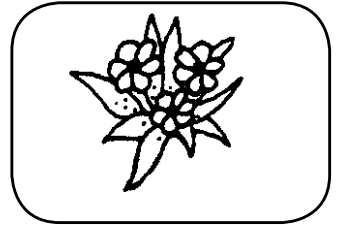
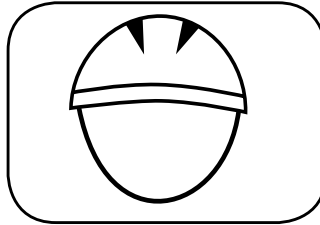
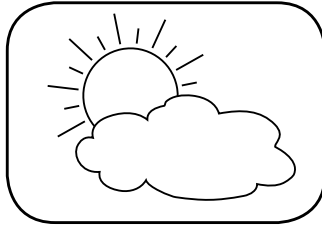
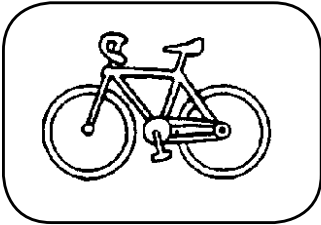
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## ACTIVITY #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.



Write 2 complete sentences that describe the scene.

---

---

---



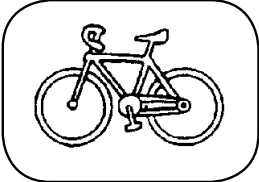

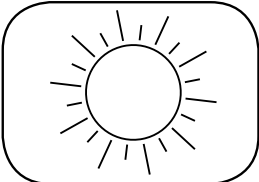

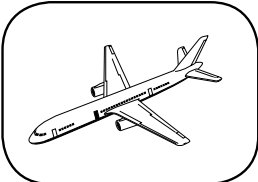
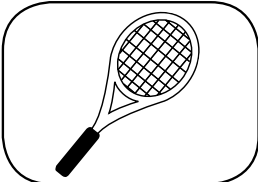

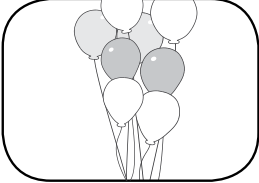
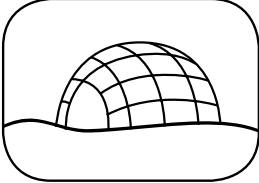
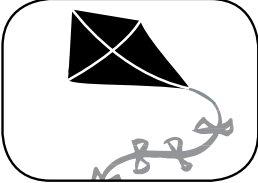
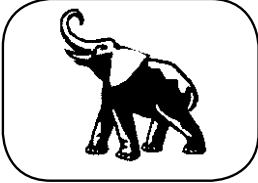
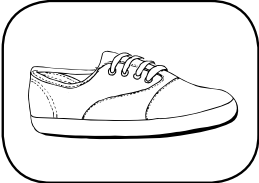
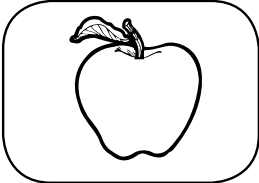
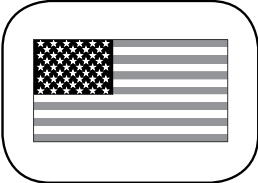
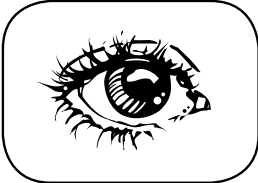
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## 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.

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



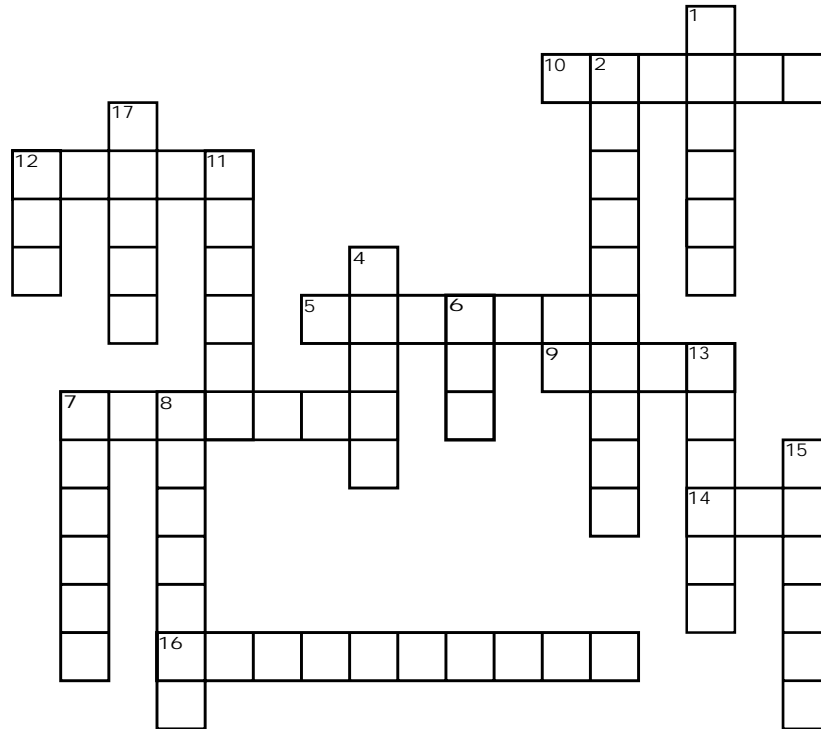
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## 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 #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.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



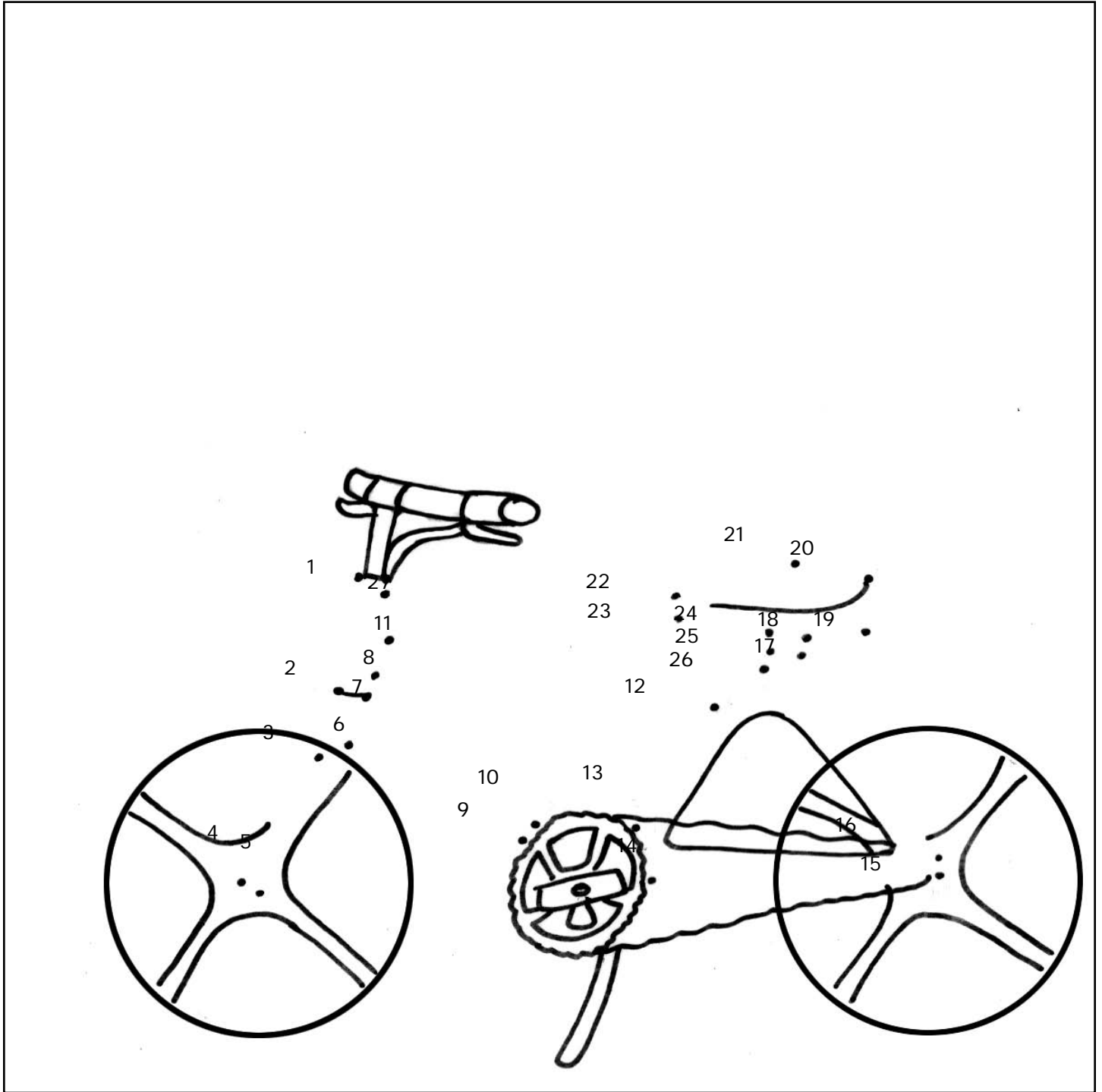
NAME: \_\_\_\_\_

AGE: \_\_\_\_\_



## ACTIVITY #8: CONNECT THE DOTS

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



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: \_\_\_\_\_

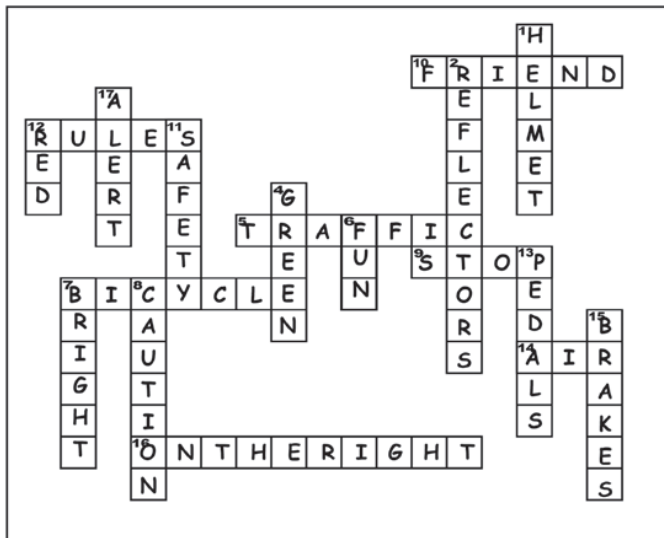
AGE: \_\_\_\_\_

# ANSWER KEY SHEET



AGES 8-11

## CROSSWORD PUZZLE



## CLOSEST ROUTE

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

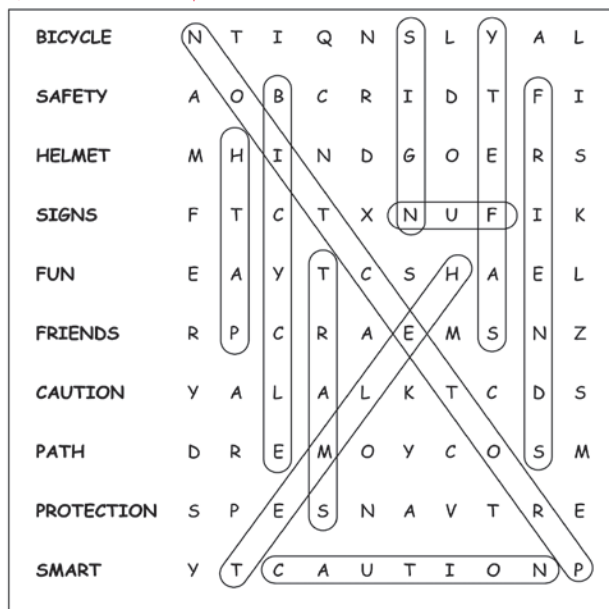
How far is Jake's house from Isabel's house if they take the route through the park **2 miles**.

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

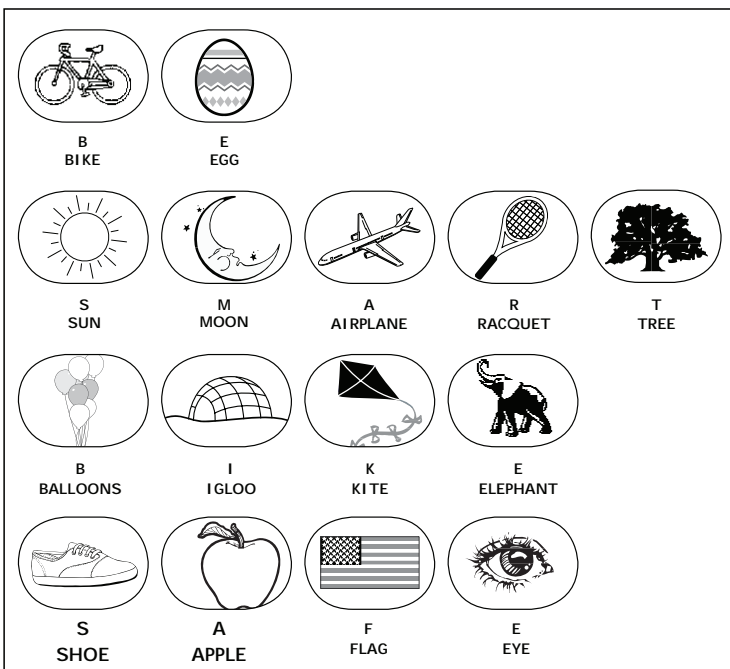
How far is Isabel's house from the ice cream parlor **1 mile**.

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.**

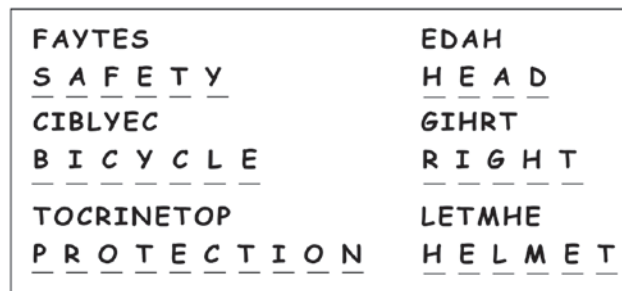
## FIND THE WORD



## FIND THE SAFETY MESSAGE



## WORD SCRAMBLE



# SECTION 4: GAMES AND MATERIALS



- 
- [\*\*Safety Bookmark\*\*](#) (see following pages for all games and materials)
  - [\*\*Safety Flash Cards\*\*](#)
  - [\*\*Bingo\*\*](#)
  - [\*\*Memory\*\*](#)

# 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

**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:**

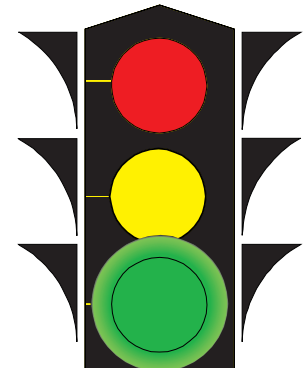
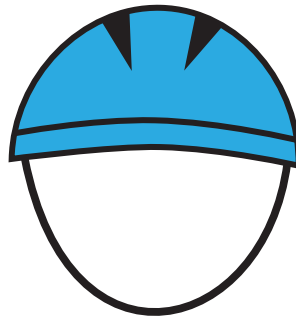
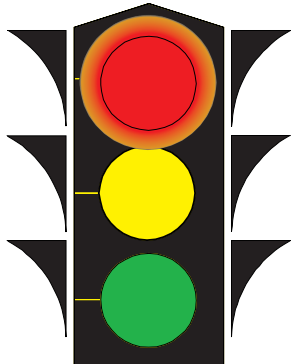
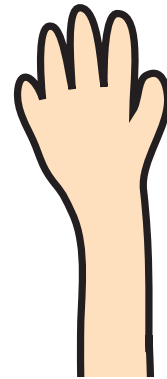
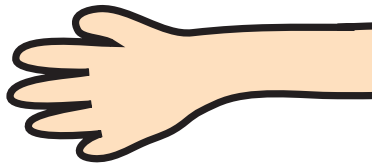
Look left-right  
and then  
left again



# SAFETY BINGO CARD



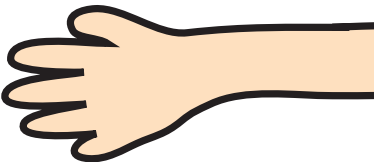
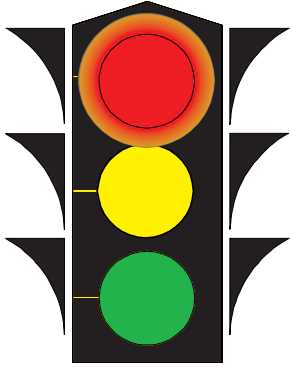


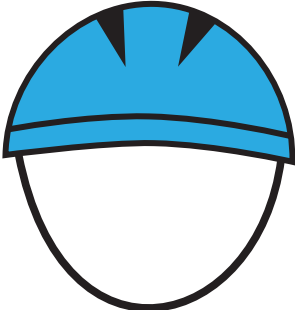
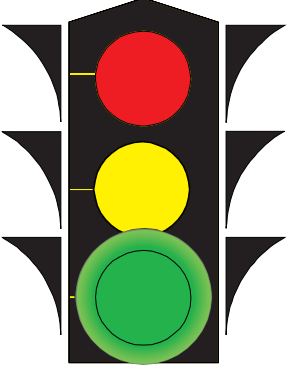
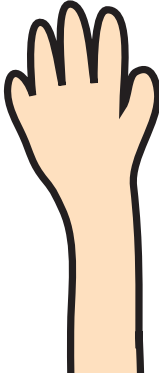


SAFETY BINGO



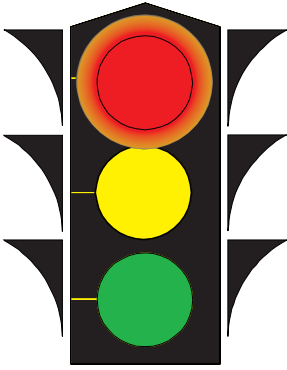


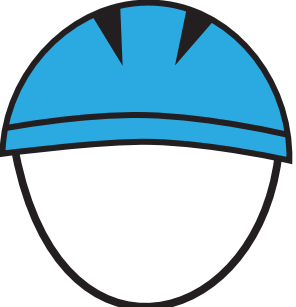
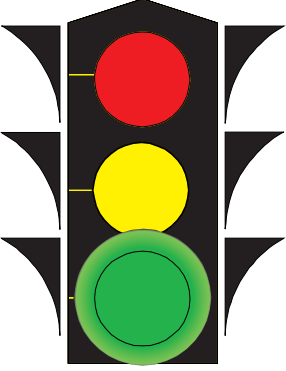


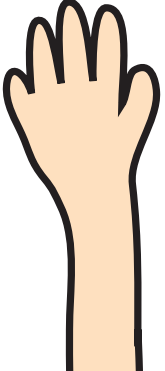
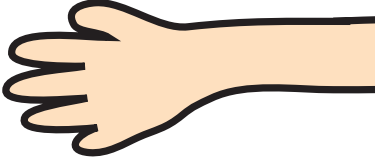
# SAFETY BINGO CARD



		
	<p>SAFETY BINGO</p> 	
		

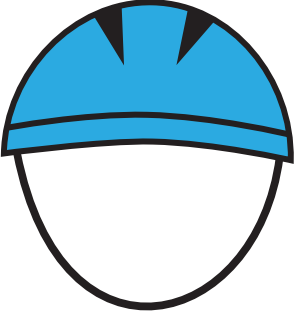
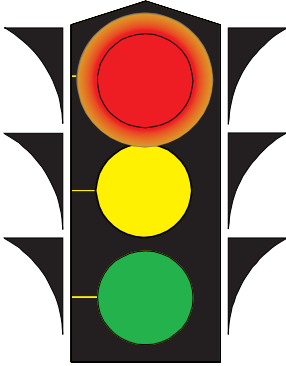


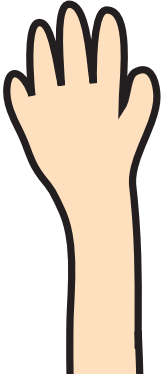
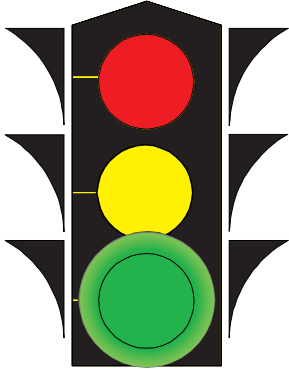


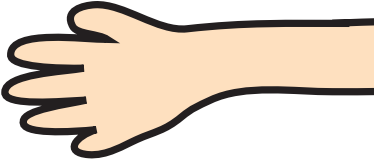
# SAFETY BINGO CARD



		
		<p>SAFETY BINGO</p> 
		

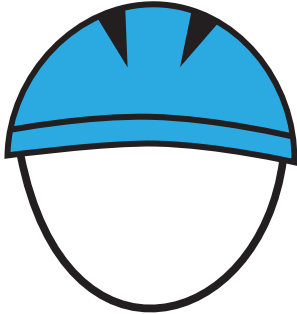
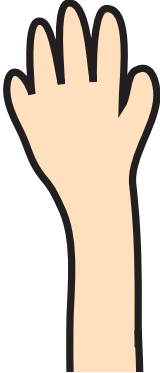
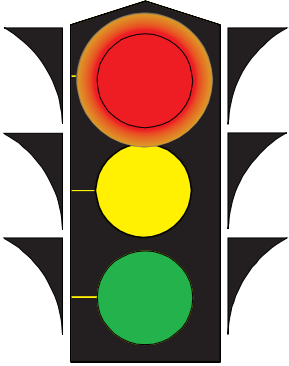

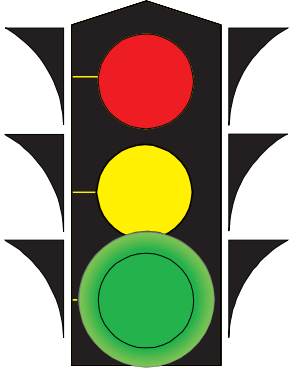
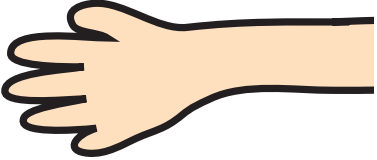



# SAFETY BINGO CARD



		
<p>SAFETY BINGO</p> 		
		


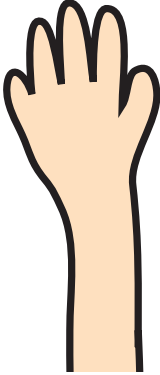
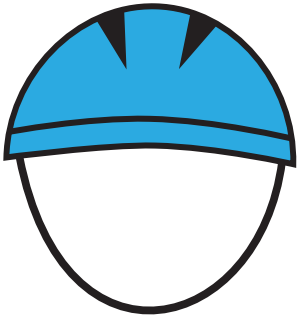


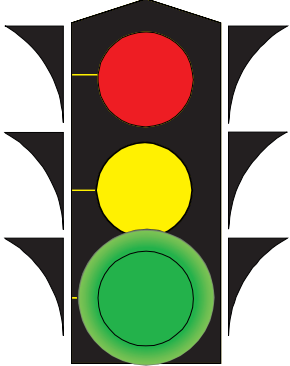
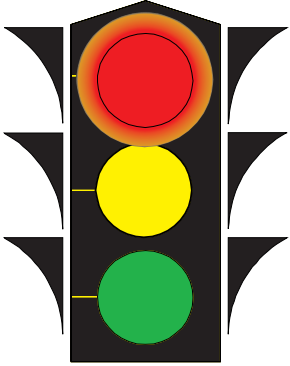
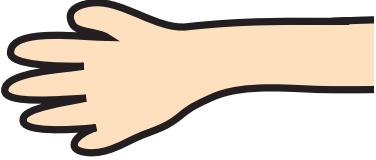

# SAFETY BINGO CARD



		
		
	<p>SAFETY BINGO</p> 	

# SAFETY BINGO CARD



		
		
		<p>SAFETY BINGO</p> 



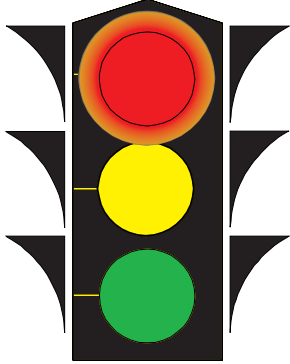


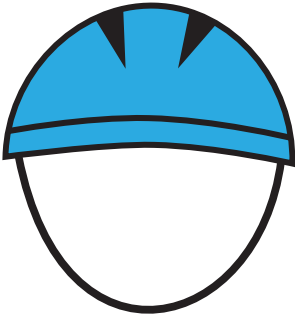
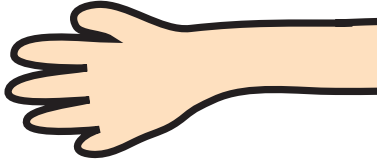


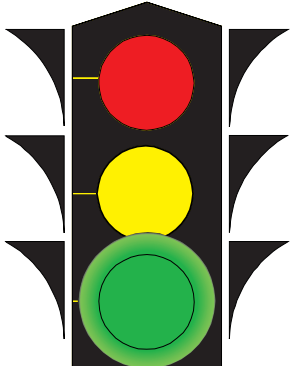
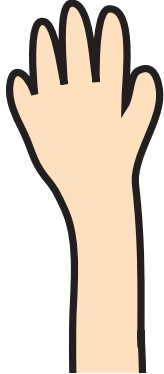
# SAFETY BINGO CARD



<p>SAFETY BINGO</p>		

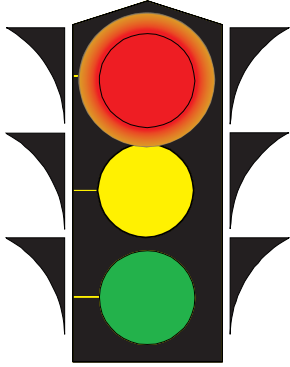

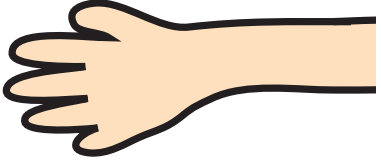
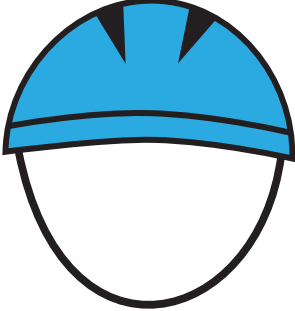
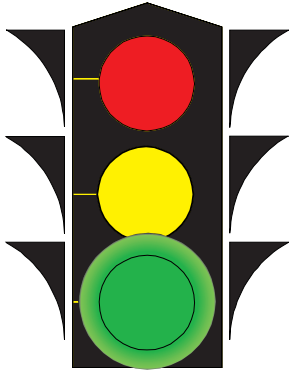



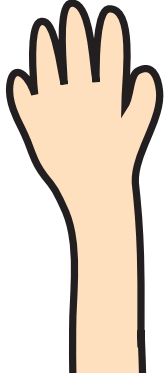
# SAFETY BINGO CARD



		<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> 

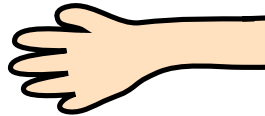
Cut chips along dotted line  — — — — —



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



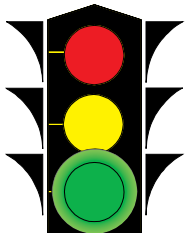
**TIRE**  
Always check the air in your tires before getting on your bike.



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



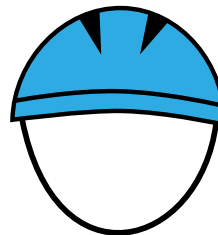
**BIKE SIGN**  
This sign means bicycle crossing warning. Be courteous to others and stay alert.



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



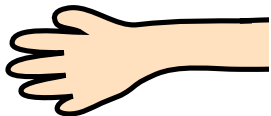
**T-SHIRT**  
See and be seen. Always wear bright clothes when riding.



**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.



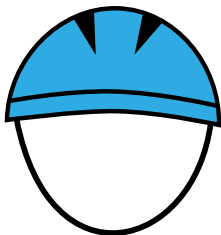
**BIKE SIGN**  
This sign means bicycle crossing warning. Be courteous to others and stay alert.



**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.



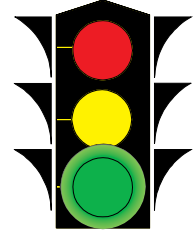
**HELMET**  
Always wear your helmet.




**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  — — — — —



# SECTION 5: REFERENCE AND RESOURCES



## **Department of Transportation National Highway Traffic Safety Administration (NHTSA)**

### **NHTSA – Traffic Injury Control Headquarters:**

#### **Office of Research and Program Development**

Safety Countermeasures Division, NTI-121  
400 Seventh Street SW  
Washington, DC 20590  
Phone: 202-366-1739

[\*\*Bicycle Safety Page\*\*](#)

#### **Regional Offices:**

##### **Regional Operations and Program Delivery**

##### **New England Region**

(Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont)  
NHTSA

Volpe National Transportation Systems Center  
55 Broadway, Kendall Square, Code 903  
Cambridge, MA 02142  
Phone 617-494-3427  
Fax 617-494-3646  
E-mail: [region1@nhtsa.dot.gov](mailto:region1@nhtsa.dot.gov)

##### **Eastern Region**

(New Jersey, New York, Puerto Rico, Virgin Islands)  
NHTSA

222 Mamaroneck Ave., Suite 204  
White Plains, NY 10605  
Phone 914-682-6162  
Fax 914-682-6239  
E-mail: [region2@nhtsa.dot.gov](mailto:region2@nhtsa.dot.gov)

##### **Mid Atlantic Region**

(Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia)  
NHTSA

10 S. Howard St., Suite 6700  
Baltimore, MD 21201  
Phone 410-962-0090  
Fax 410-962-2770  
E-mail: [region3@nhtsa.dot.gov](mailto:region3@nhtsa.dot.gov)

### **Southeast Region**

(Kentucky, Tennessee, North Carolina, Mississippi, Alabama, Georgia, South Carolina, Florida)

Atlanta Federal Center

NHTSA

61 Forsyth Street SW.

Atlanta, GA 30303

Phone 404-562-3739

Fax 404-562-3763

E-mail: [region4@nhtsa.dot.gov](mailto:region4@nhtsa.dot.gov)

### **Great Lakes Region**

(Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin)

NHTSA

19900 Governors Dr., Suite 201

Olympia Fields, IL 60461

Phone 708-503-8822

Fax 708-503-8991

E-mail: [region5@nhtsa.dot.gov](mailto:region5@nhtsa.dot.gov)

### **South Central Region**

(New Mexico, Oklahoma, Arkansas, Texas, Louisiana, Indian Nations)

NHTSA

819 Taylor St., Room 8A38

Fort Worth, TX 76102-6177

Phone 817-978-3653

Fax 817-978-8339

E-mail: [region6@nhtsa.dot.gov](mailto:region6@nhtsa.dot.gov)

### **Central Region**

(Nebraska, Iowa, Kansas, Missouri)

NHTSA

901 Locust St., Room 466

Kansas City, MO 64106

Phone 816-329-3900

Fax 816-329-3910

E-mail: [region7@nhtsa.dot.gov](mailto:region7@nhtsa.dot.gov)

### **Rocky Mountain Region**

(Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming)

NHTSA

12300 West Dakota Ave., Suite 140

Lakewood, CO 80228-2583

Phone 720-963-3100

Fax 720-963-3124

E-mail: [region8@nhtsa.dot.gov](mailto:region8@nhtsa.dot.gov)

### **Western Region**

(American Samoa, Arizona, California, Guam, Hawaii, N. Marianas, Nevada)

NHTSA



201 Mission St., Suite 1600  
San Francisco, CA 94105  
Phone 415-744-3089  
Fax 415-744-2532  
E-mail: [region9@nhtsa.dot.gov](mailto:region9@nhtsa.dot.gov)

### **Pacific Northwest Region**

(Alaska, Idaho, Oregon, Washington)

NHTSA

3140 Jackson Federal Building  
915 Second Ave., Seattle WA 98174  
Phone 206-220-7640  
Fax 206-220-7651  
E-mail: [region10@nhtsa.dot.gov](mailto:region10@nhtsa.dot.gov)

### **Department of Transportation Clearinghouses:**

**Pedestrian and Bicycle Information Center:** [www.pedbikeinfo.org](http://www.pedbikeinfo.org)

**National Center for Safe Routes to School:** [www.saferoutesinfo.org](http://www.saferoutesinfo.org)