



## Crime Prevention Tips

The MCPA strives to bring current information regarding prevention topics to its members. Please use these prevention tips to promote safety to the citizens of your community. These tips are great for brochures, newsletters, e-mails, etc.

### Topic: **Bike Safety – Rules of The Road**

- ✍ Protect your head by always wearing a helmet. Make sure your helmet fits correctly. Any bike store can help you adjust your helmet just right. A helmet should sit level on your head – not tilted forwards or backwards. (Do not wear a hat under your helmet.) It should also be tight enough (with straps fastened) so that no sudden pulling or twisting can move the helmet around your head.
- ✍ What you wear is also very important while riding your bike – the right clothes can keep you safe. Fluorescent colored clothes make you more visible to others. Stay away from dark clothes like black, brown, or navy, especially when biking if it's getting dark outside.
- ✍ Wear lightweight clothes to avoid becoming overheated, especially in the summer months. Be sure to bring plenty of water to drink!
- ✍ Make sure your pant legs aren't so loose that they can get caught up in the chain.
- ✍ If you carry a backpack, make sure the straps are tied so they do not become tangled up in the spokes of your bike wheels. Better yet, tie your bag in the basket or strap it to a rack.
- ✍ Wear shoes that grip your bike pedals. Never wear cleats, shoes with heels, or shoes that can easily slip off the pedals. Never ride Barefoot!
- ✍ Always ride on the **RIGHT-HAND** side of the street in the same direction as cars do. **Never** ride against traffic.
- ✍ Use bike lanes or designated bike routes whenever you can – never ride on the sidewalk!
- ✍ Always stop and check for traffic both directions when leaving your driveway, an alley, or a curb.
- ✍ Watch traffic closely for turning cars, or cars leaving driveways.
- ✍ Don't ride too close to parked cars – doors can open suddenly!
- ✍ Stop at all stop signs and obey street (red) lights just as cars do. Be careful at intersections.
- ✍ Always walk your bike across busy intersections using the crosswalk and following traffic signals.
- ✍ It's fun to bike with your friends, but always ride single file on the street. Bike riding side by side in traffic or on the street is dangerous for both bikers and people in cars.
- ✍ When passing other bikers or people on the street, always pass on their left side, and call out "On your left!" so they know that you are coming.
- ✍ Never change directions, or lanes, without first looking behind you, and using correct hand signals.
- ✍ Know your hand signals. Use your left arm for hand signals:
  - **Left turn**: look behind you, hold your arm straight out to your left, and ride forward slowly.
  - **Right turn**: look behind you, bend your elbow, holding your arm in an "L" shape, and ride forward.
  - **Stop**: look behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.

Remember: If you ride your bike in the evening, or when it's getting dark, be sure to have **reflectors** on your bike and a battery-operated headlight. Only **one person** should be on your bike at a time – this means NOT having your best friend sitting on the back of your seat or on the handlebars.

**NEVER** wear headphones while biking – you need to be able to hear everyone else on the road at all times!

Resources: [www.safekids.com](http://www.safekids.com)  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)  
[www.ncpc.org](http://www.ncpc.org)