

Safe Bicycling

When you or your child goes out for a bicycle ride, the last thing you're thinking about is getting hurt. Fortunately, injuries can be avoided if cyclists remember that a bicycle is a vehicle - not a toy, and carries with it certain responsibilities. Using the proper equipment and following the rules of the road are essential to safe cycling.

Selecting the Proper Equipment

Your Helmet

Since most bike injuries involve the head, there is no question that the bicycle helmet is a lifesaver.

In selecting a bike helmet, first make sure it has a sticker that says it is certified by the American National Standards Institute (ANSI) or the Snell Memorial Foundation. These are your stamps of quality.

Next, try on the helmet to make sure it fits properly. The helmet should be snug, but not too tight, and should sit on top of the head in a level position. Most helmets come with foam pads and an adjustable strap to assure a proper fit.

Your Bicycle

You should adjust the seat so that the rider's knees are slightly bent and the feet rest easily on the pedals. The rider should be able to reach the handlebars comfortably.

After you have chosen your bike, use the following check list to help keep it in safe, working order.

- Check all parts regularly - especially the brakes.
- Routinely tighten nuts and bolts and lubricate moving parts.
- Maintain recommended tire pressure.
- Replace tires when tread is worn.
- Always store the bike under cover and upright.
- Make sure your bell or horn works properly.

Following the Rules of the Road

Cyclists must follow the same rules of the road that drivers of cars and trucks do.

- Obey signs, signals and pavement markings.
- Ride with the flow of traffic - as far to the right as possible.
- Search for traffic in front and behind you before making a turn.
- Stop and check both ways for traffic when riding out of a driveway, sidewalk or down a curb.

Kids

You can prevent bike injuries by remembering these simple rules:

- Remember that bikes are vehicles - not toys.
- Wear your helmet.
- Wear reflectors on your clothing after dark.
- Walk your bike across busy intersections.
- Keep your bike in good shape - especially the brakes.
- Obey stop signs and traffic lights - just like cars do.
- Follow the rules of the road listed on this brochure.
- Don't ride more than one person to a bike.
- Don't ride at night when drivers can't see you.
- Don't ride in the street until you know the rules.



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