

Bicycle Safety

Objectives:

- A. Students will be able to recite at least four basic bicycle-riding rules
 1. Ride on the right side of the street
 2. Ride in single file
 3. Obey traffic lights and signs
 4. Walk across busy streets
 - B. Students will be able to explain the importance of wearing bicycle helmets.
 - C. Students will be able to demonstrate three hand signals.
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Bicycle Safety Rules

1. Always wear a **HELMET**.
2. Always ride on the **RIGHT** side of the roadway. Always use the right lane. Never use the inside lane or the turn lane.
3. When riding in groups, ride in **SINGLE FILE**.
4. Vehicle laws also apply to bicycle riders. **OBEY** all traffic lights and signs.
5. **WALK** bicycles across busy intersections. Children have better control of themselves and the bicycle when walking. Never cross diagonally across the middle of an intersection, go corner to corner.
6. **SIGNAL YOUR TURNS**. Hand signals now in use involve:
 - Left Turn:** extending the left arm straight out from the body, parallel to the ground.
 - Right Turn:** extending the right arm straight out from the body, parallel to the ground. This differs from the old right turn signal in which the left arm was extended straight out from the body, parallel to the ground with arm bent at the elbows and forearm extended upwards. New law states that you can give hand signals either way for right turn.
 - Stop/Slow Signal:** extend the left arm straight out from the body, parallel to the ground

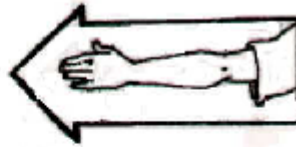
with arm bent down at the elbow (forearm extends downwards.)

7. Look in all directions before crossing the street. Shoulder Check.
8. Never take passengers.
9. As much as possible avoid busy streets.
10. Keep your bike in good condition.

Hand Signals:



#1) STOP or SLOW SIGNAL



#2) LEFT TURN SIGNAL



#3) RIGHT TURN SIGNAL
(use left arm/hand)

(OR)



#4) RIGHT TURN SIGNAL
(use right arm/hand)