



I use my bicycle safely.

Bicycle riding can be fun and healthy. When I ride my bicycle, I need stay safe. I always let my family know before I go outside to ride my bicycle. These are ways I practice bicycle riding safely:

- Before I ride my bicycle, an adult can check to make sure the brakes and wheels are working correctly. My skates should fit me correctly and not have cracks, loose or broken parts.
- I wear clothes that are comfortable and safe.
- I wear a helmet on my head every time I ride my bicycle or go skating. Helmets are important to prevent injury to my head. I need to make sure my helmet is the right size and I wear it correctly. I wear my helmet the entire time I am skating or on the bicycle, no matter how short the ride. My helmet should be level on the top of my head and should not move in any direction. I keep the straps on my helmet buckled at all times until I get off my bicycle. The straps should not be too tight.
- If I ride or skate at night, I make sure my bicycle has reflectors and I wear bright clothes and reflective material.
- I skate and ride my bicycle on areas that are away from traffic. The ground should be dry, smooth, and level. I make sure not to ride too close to people or parked cars and not to ride over or skate over things on the ground.





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- I don't wear headphones or listen to music when I skate or ride my bicycle. I need to pay attention to what is happening around me. Talking on the phone or texting is dangerous while riding or skating.
- I can ask an adult or take a safety lesson to learn about bicycle safety. I should learn about traffic signs and signals, and hand signals to use when I traveling around on the roadways.



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