



# Safe Cycling Tips for Kids

## Bike SLO County

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### 1. Ride with a grown-up or older friend/sibling

a. Riding with others helps us learn to ride confidently alone.

### 2. Ride in a Bike Lane when it is safe

a. Only use a bike lane when you feel confident riding there

b. Use the bike lane when it is clear of hazards like trash cans or cars.

c. Use bike lanes when there are pedestrians (people walking) on the sidewalk.

### 3. Always **Ride Right!**

a. Ride on the right side of the road, path, trail, or even sidewalk.

### 4. Follow Traffic signs and laws

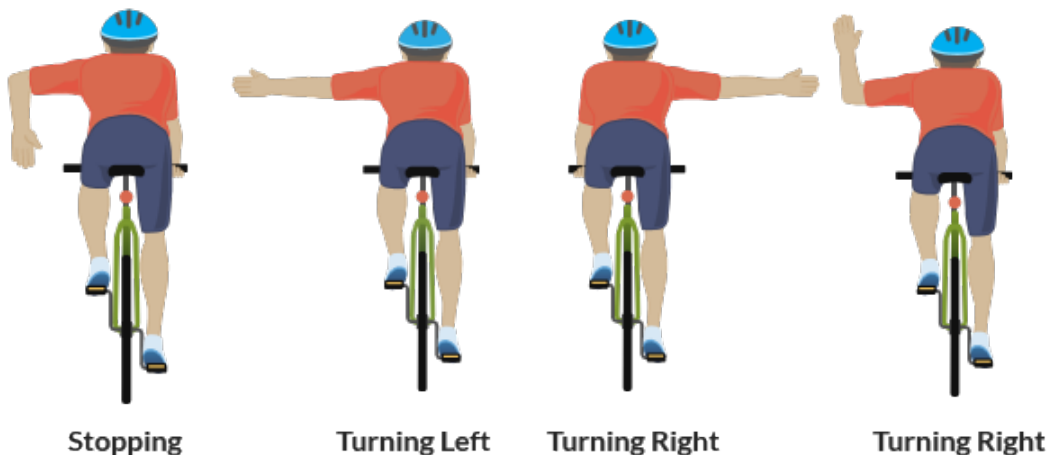
a. Make sure you are following the same rules as cars!

b. Stop at stop signs and follow traffic light signals.

c. Slow down or stop to let pedestrians cross the street or path.

### 5. Signal to Others when you are going to turn or stop

a. You can use your hands to signal when you are stopping or turning. [see below]





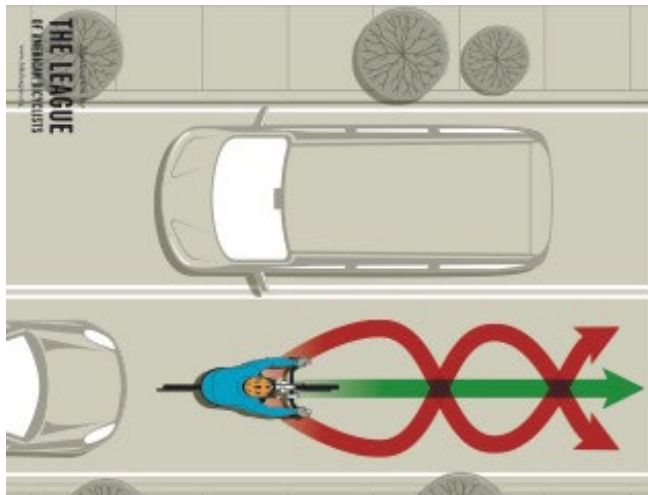
- b. You can also point, say out loud, or gesture towards where you are going.
- c. Make eye contact with people driving cars to make sure they see you.

**6. Pass others on their left**

- a. Always ride on the right side but move to the left to pass pedestrians and other bikers.

**7. Be predictable, no sudden movements or swerving**

- a. Always ride in a straight line, do not swerve suddenly.
- b. Ride where others would expect you to be (on the right side, in a bike lane).



**8. Focus on Riding**

- a. While on a bike you shouldn't be talking on a phone, eating, or doing anything that distracts you from biking.
- b. You need to stay alert and look around to avoid any dangers that may come into your path.

**9. Be Visible**

- a. Wear bright clothing.
- b. Make sure your bike has front (white) and back (red) reflectors.
- c. Ride with lights, especially at night.