



Bicycle Safety Basics

1. Always wear a properly fitted bicycle helmet to protect your head—every time you ride!
2. Use a bicycle that is the appropriate size for you.
3. Do not wear any loose clothing, drawstrings, or untied shoes; they can get caught in your chain and make you fall.
4. Have an adult check the air in your tires and that your brakes are working before you ride.
5. Wear bright clothes so others can see you at all times of the day.
6. Stay alert at all times; NEVER wear headphones when riding.
7. Don't ride at night. If you have to ride in the dark, make sure you have reflectors and lights on the front and back of your bike and you wear retro-reflective materials so cars can see you.
8. Before you enter a street or intersection check for traffic by looking LEFT, RIGHT, and then LEFT again.
9. Learn and follow the rules of the road.

RULES OF THE ROAD

1. When riding in the road, always ride on the right hand side (same direction as the traffic).
2. Obey traffic laws, including all traffic signs and signals.
3. Ride predictably—ride in a straight line, don't weave in and out of traffic.
4. When riding on a sidewalk—show respect for people walking. Ring your bell or let them know you are passing. When passing, pass on the left.
5. Look for things in your path that could cause you to fall like trash, rocks, and toys.

Conceptos básicos de seguridad

1. ¡Siempre lleva un casco de l vez que andas en bicicleta!
2. Usa una bicicleta del tamañ
3. No uses ropa suelta, ropa co cadena y te hacen caer.
4. Revisa tu bicicleta con un ac frenos están funcionando al
5. Usa ropa de colores vivos pa
6. Debes estar alerta en todo r bicicleta.
7. No viajes de noche. Si tiene: reflectores en la parte delar reflectantes para que los au
8. Antes de entrar en una calle la DERECHA y luego a la IZQ
9. Aprende y sigue las reglas d

REGLAS DE LA CARRETE

1. Al montar en bicicleta por la dirección que el tráfico).
2. Obedece las leyes de tráfico
3. Anda de una manera prede
4. Si montas en la banqueta, n estás pasando. Al pasar, pas
5. Busca cosas en tu camino q