

# Rules of the Road

**Go With The Flow** – Ride on the right, the same way as a car.

**Leave The Horsing Around To The Horses** – The road is not the place for doing tricks and jumps.

**Obey All Traffic Signs And Signals** – Be sure to walk your bike across busy intersections.



**Riding Double Means Trouble** – A second passenger makes it hard to control your bike. Remember, one person per seat.

**Be Seen, Be Safe** – Wear bright or reflective colors so that you can be seen by motorists and pedestrians.

*Check with your local law enforcement agency for bicycling laws.*

# How To RIDE SMART

- ◆ Ride with the flow of traffic.
- ◆ Insure your safety by using hand signals.
- ◆ Don't wear headsets while biking.
- ◆ Every driver should be able to see you — wear bright or reflective clothing.
- ◆ Stay away from busy streets.
- ◆ Make sure you yield to pedestrians.
- ◆ Always wear a helmet.
- ◆ Ride in a single file.
- ◆ Take your time. Walk your bike across busy intersections.

## Coalition Lead Agency



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## Coalition Member

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# Bike Safety Basics



Provided by the  
**Delaware County  
Safe Communities/  
Safe Kids Coalition**



## Common Myths About Helmets

The top four reasons kids say they don't wear a bike helmet and the reason *everyone* should:

**Myth:** Helmets aren't cool.

**Fact:** Helmets are designed to help prevent injuries to your skull and your brain. A permanent brain injury or death is definitely not cool!

**Myth:** Helmets aren't comfortable.

**Fact:** Helmets today are lightweight and well ventilated. They're actually a lot more comfortable than they have ever been.

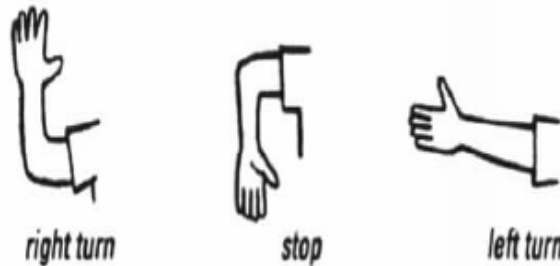
**Myth:** I have never worn a helmet and nothing has happened to me so far.

**Fact:** Bike crashes or collisions can happen at any time. Even professional bicycle racers get in serious collisions. More importantly, scientific studies show that three out of every four bike crashes result in some sort of head injury.

**Myth:** I just don't want everybody to see me wearing a helmet.

**Fact:** That's just the point! Helmets make it easier for motorists, pedestrians, and other bikers to see you. If everyone can see you, they won't run into you.

## Hand Signals Are Your Key To Bicycle Safety



*Always use your left hand*

**Right Turn** - Arm lifted up, hand straight up or pointing upward.

**Stop** - Hand low, palm towards the back.

**Left Turn** - Arm straight out, palm forward or finger pointing out.

## Tips For Buying The Perfect Helmet

**Certified** – A bike helmet should meet the Consumer Product Safety Commission standard — look for the CPSC label.

**Proper Fit** – The straps should be snug around the ears and enough room should be left under your chin to fit two fingers. The helmet also should be low on the forehead for two fingers between the eyebrow and helmet.



**Comfort** – A helmet should be snug on your head. Use the extra padding if the helmet is loose.

**Replace** – Replace a bike helmet after it has been in a crash — one crash and it's trash.