



## **Bicycle Safety**

Whatever travel mode you choose to get to school, plan your route.

Bicycle riders need between 10 and 15 minutes to ride a mile — this is an estimate and varies depending on traffic, terrain and age of student. Parents/guardians should map a route and try it out together to identify any hazards and practice safety skills needed, such as looking out for driveways, cross-traffic, etc. Be sure to remember:

- Always wear your helmet.
- Ride in the same direction as traffic, not against traffic.
- Be visible. Wear a bright jacket or add reflective material or blinking light to increase visibility.
- Stay alert and ride predictably, in a straight line.
- If riding on the sidewalk or in a crosswalk, ride at walking speed and be prepared to walk your bike when it gets busy or at the request of crossing guards. Be mindful of pedestrians and aware of traffic at all times.
- Don't assume that drivers see you – always watch for cars making turns or backing out of driveways. Learn bicycle safety skills in a class or ask Safe Routes to School to give a lesson at your school!