

BIKING SAFETY *Tips*

WEAR YOUR HELMET

Protect your brain - wear a helmet! It is the law. Make sure your helmet fits snugly and is firmly buckled under your chin.



BE PREDICTABLE

Use hand signals and yield to pedestrians. Ride single file to allow faster traffic to pass. Pass slower traffic on the left, ringing a bell when passing. Use lights at night to stay visible.

RIDE WITH TRAFFIC

Ride on the right, in the direction of traffic. Obey all signs and signals as if you were a car.

LOCK YOUR BIKE

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.

RIDING ON SIDEWALKS

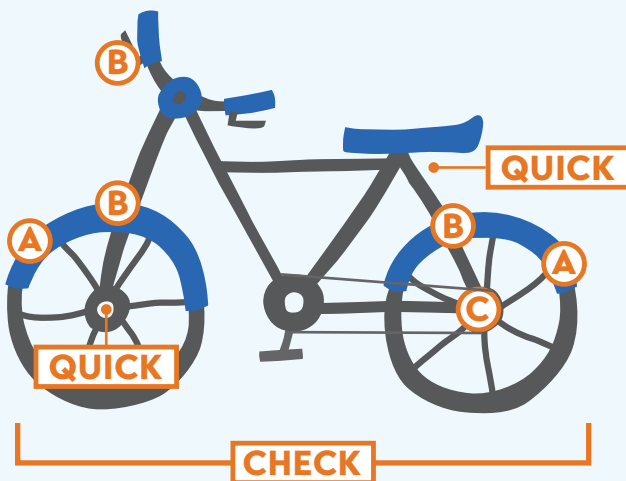
In King County, you can ride your bicycle safely on sidewalks, as long as you are careful of people walking. Decide as a family or group whether to ride on the street or sidewalk.

BIKE TOGETHER WITH SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

Before you ride, do an

ABC QUICK CHECK



Tell an adult if your bike looks damaged or if something's not right.

A is for Air

Do you have air in your tires?

Inflate them to the pressure listed on the side wall of the tire.

B is for Brakes

Are your brake pads worn thin or rubbing anywhere? Do your brake levers pull all the way down to your handlebars?

Adjust your brakes if you find these problems.

C is for Chain

Is your chain threaded over the sprocket and properly oiled?

Check your chain for wear.

If your chain skips on your cassette you might need a new one or just an adjustment.

QUICK

is for Quick Release

Are your quick release levers on tight?

Check the lever on your hubs in the center of the wheel.

CHECK

is for Check it Over

Check the bike for any loose or broken parts.

Take it for a test ride to check braking and shifting.

