

SAFE-T-BEAR'S®

BICYCLE SAFETY



CHARLTON FIRE DEPARTMENT

FOR FIRE OR EMERGENCY DIAL 911

It's Smart to Be a Safe Cyclist - Not A Sorry One!

SAFE-T-BEAR's my name and bicycle riding is no game!
Bicycling is a great way to spend time with your friends,
enjoy the outdoors and get some good exercise.

HEY PARENTS ...

Do What I Do With My Cubs!

Have your child ride on a bike path
or sidewalk, rather than in the street.
By the time they are 8 or 9 years old,
they'll be able to ride in the
street with confidence!



Place the
"THAT'S USING
YOUR HEAD"
logo sticker on
your helmet!



BIKE RIDING IS SERIOUS BUSINESS!

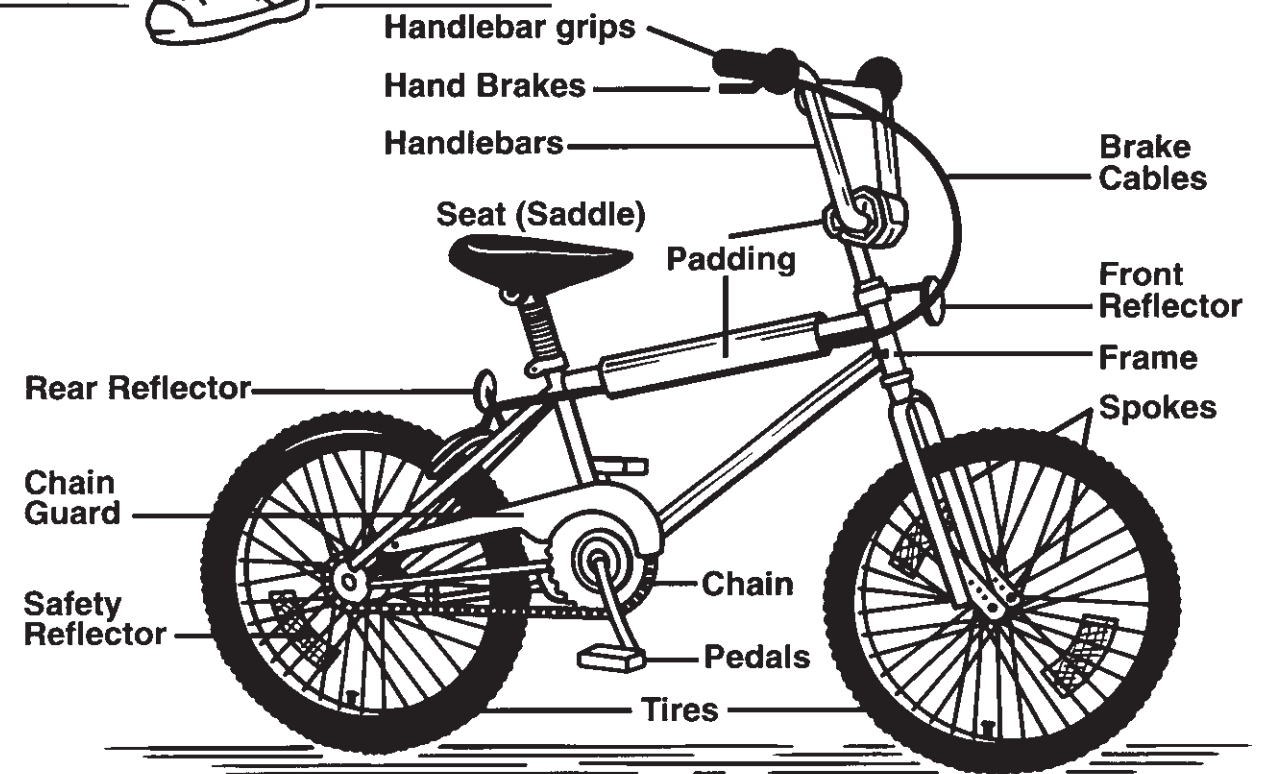
Whenever you ride your bike, you must remember that you are driving
a vehicle - just like a car, truck, van or motorcycle. Every driver has
rules that they must follow. These rules may seem like a lot to remember,
but they are very important, so do your best to learn them.

Safe Kids are Smart Kids!

Practice
Safety Every Day!
Safe Kids R Smart Kids!



- ☐ **TIRES:** Check your tires for cuts and cracks. Check to see that they are properly filled with air. Also look for loose or broken spokes.
- ☐ **BRAKES:** Make sure that each break works smoothly and quickly. Do not ride if they don't work!
- ☐ **CHAIN:** Check to see that it is oiled and tight.
- ☐ **HANDLEBARS:** Make sure that they are tight and that there are grips on each handle.
- ☐ **REFLECTORS:** Make sure that you can be seen from all sides! Replace broken reflectors immediately.
- ☐ **SEAT:** Make sure that it is tight and the right height.



SAFETY FIRST!

Learn the names of the parts on your bicycle. Do a safety check before each ride!
Accidents can happen when your bike is not working properly. *Don't Forget Your Helmet!*



WRONG!
This helmet is too far back and the forehead shows. Your head is not fully protected.



WRONG!
This helmet is too far forward. It may block your vision or even hit you in the nose!



That's Using Your Head!



Your helmet is your most important piece of biking equipment. Most accidents happen to kids, and head injuries are very serious. The Pros wear helmets and you should too! Wear your helmet at all times, even for short trips!

It's also a good idea to place padding on the handlebars and bike frame. It looks cool and keeps you safe!

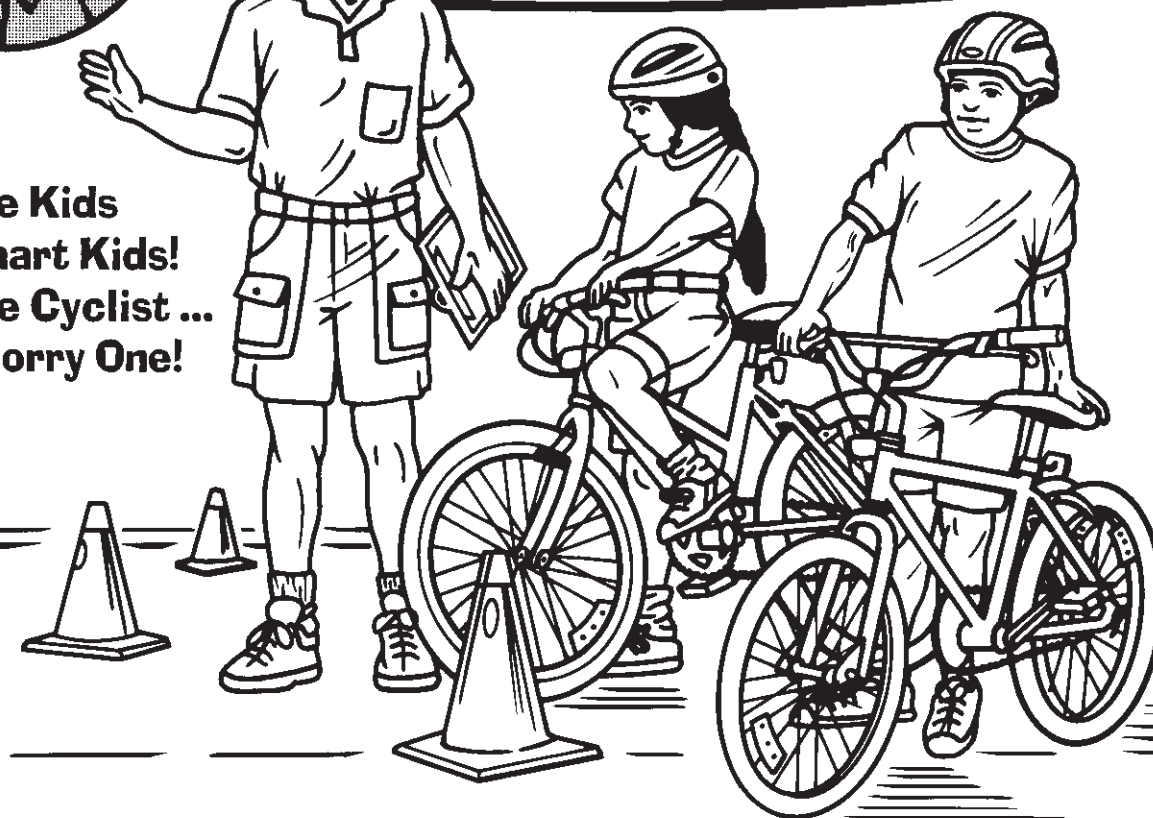
MAKE HELMETS A HABIT!

Be sure to wear a helmet that fits you well and feels comfortable. Always fasten the chin strap, or your helmet may fall off just when you need it the most! Your helmet should sit evenly on your head, without slipping forward or backward. Add the sizing pads that came with your helmet to make it fit snugly and comfortably.



BIKE CLINIC

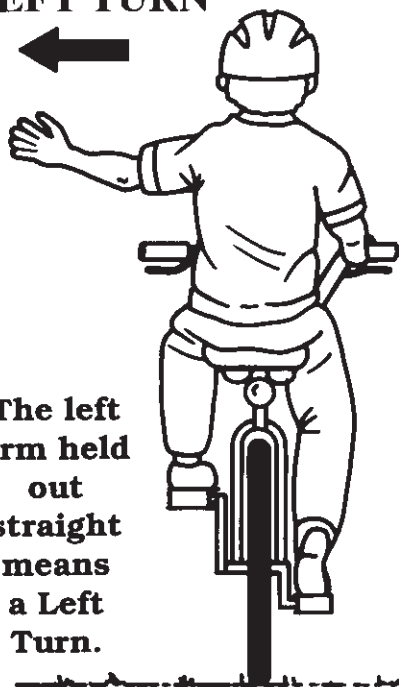
**Safe Kids
Are Smart Kids!
Be A Safe Cyclist ...
Not A Sorry One!**



BICYCLE SAFETY TIPS

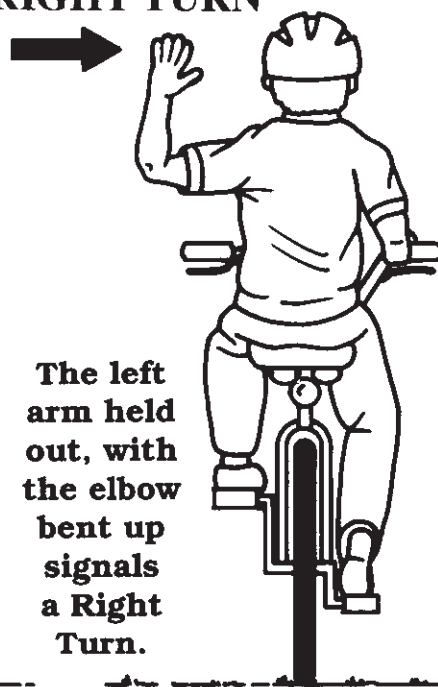
1. Always wear a helmet, even for short trips. Accident can happen anywhere, at any time.
2. Always wear brightly colored clothing so that you are easily seen by drivers.
3. Try to never ride at night. If you must, wear reflective strips on your clothes.
4. Place reflectors in the front, back and on both sides of your bicycle.
5. Stop and look both ways at every intersection. Look Left, then right, then left again.
6. Use hand signals whenever you stop or make a turn.
7. When riding in the street, ride in the same direction as the cars. Stay well to the right!
8. Never ride other passengers on your bicycle. It places both of you in danger!
9. Don't let your pants cuffs get caught in the chain. Use a chain guard or cuff clips.
10. When riding in a group, always ride single file. It is safer for everyone this way!
11. Riding with a friend is both fun and safe. Always tell your parents where you are going!
12. Bicycles are not toys, they are vehicles. Do a safety check before each ride!

LEFT TURN



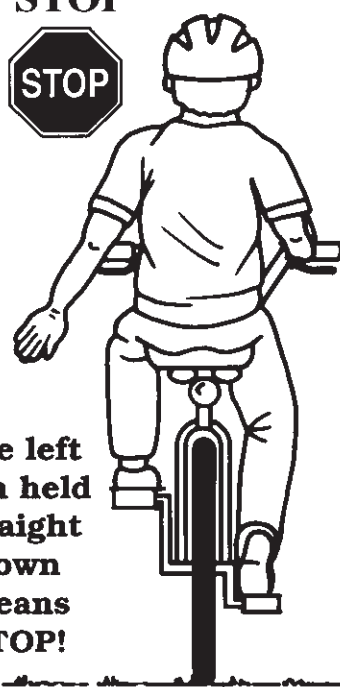
The left arm held out straight means a Left Turn.

RIGHT TURN



The left arm held out, with the elbow bent up signals a Right Turn.

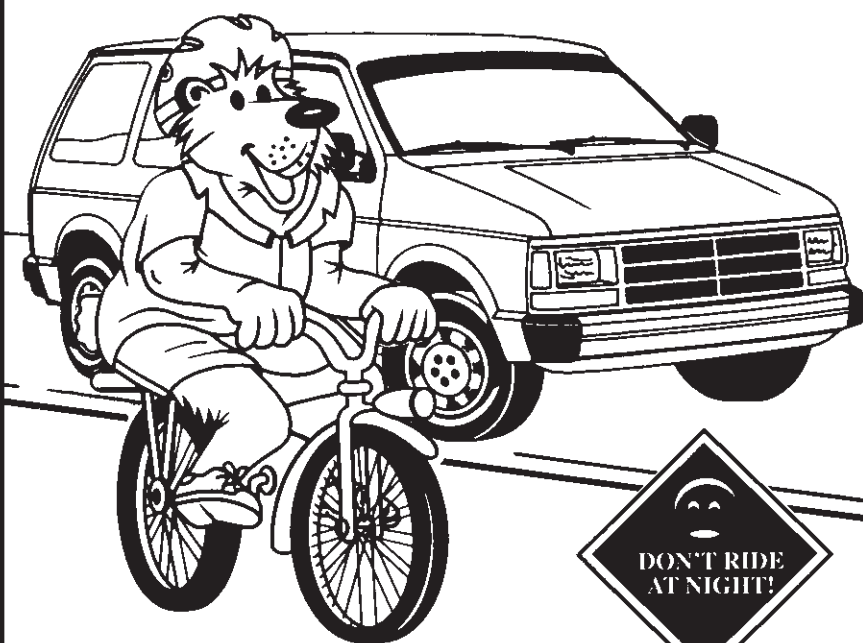
STOP



The left arm held straight down means STOP!

You must use hand signals to show others where you are going!

WALK - DON'T RIDE - across busy intersections!



Look Both Ways Before Crossing!



Look LEFT, then RIGHT, then look LEFT Again.

BICYCLE SAFETY TIPS

When riding in the street, you must ride in the same direction as the cars. Stay as close to the curb as possible. When riding with friends, you must ride single file. Riding side-by-side can cause serious accidents, unless you are in a park and away from traffic. Remember: if you ride on the sidewalk, pedestrians always have the right of way!

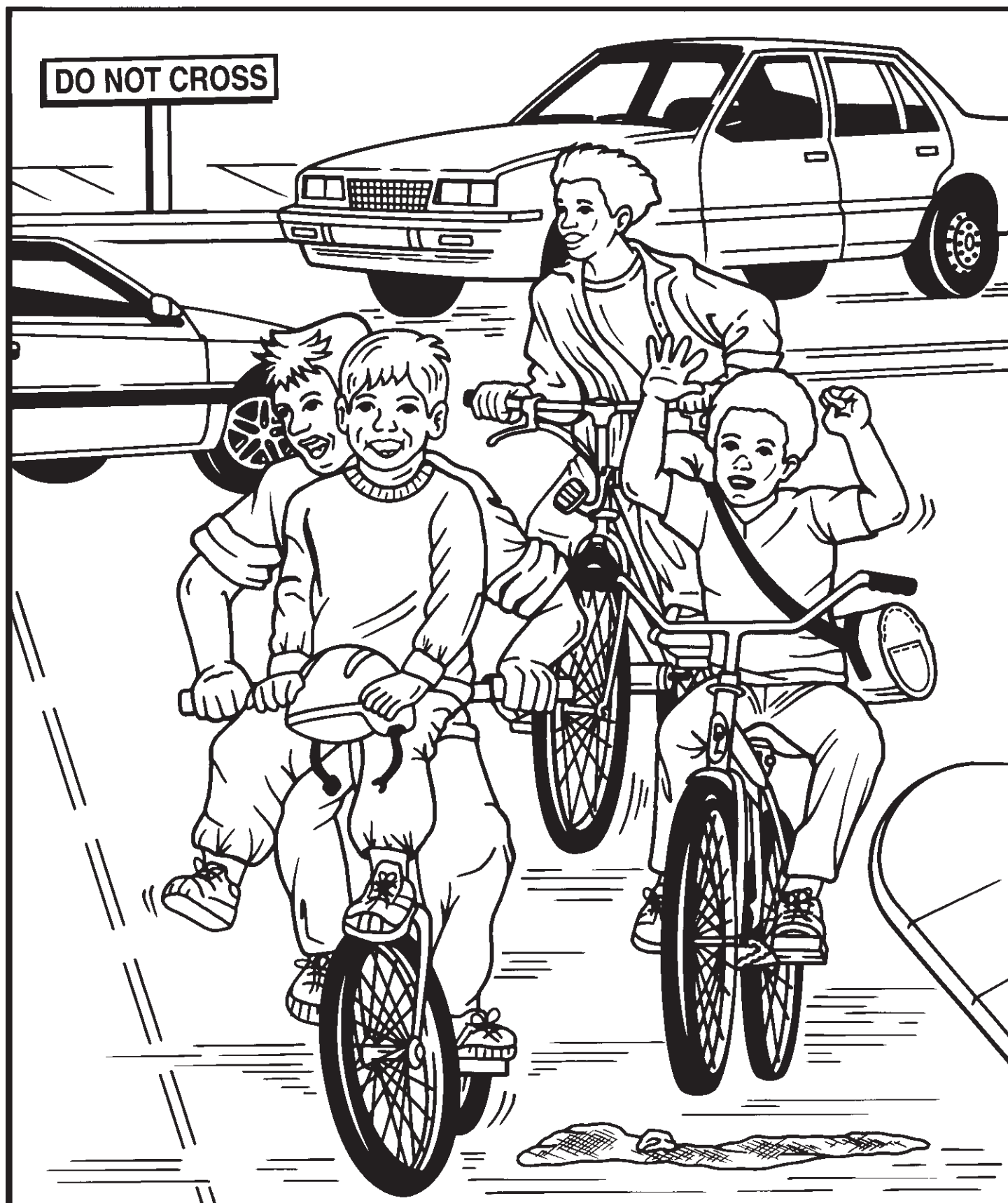


Safe Cyclists Wear Helmets!

BE A SAFE CYCLIST - NOT A SORRY ONE!

If you are away from home and have an emergency dial 911 on a pay phone. You don't need to put any money in the pay phone to dial 911. Just pick up the receiver and dial 911 by first pressing the number 9, then the number 1, and then the number 1 again.

Stay on the phone with the operator until you are told to hang up.



WHAT'S WRONG WITH THIS PICTURE?

Circle and name all the things you see wrong with this picture. Talk it over with your parents, teachers and safety instructors to see how you can do things right.

*No Helmets On Children. *Crossing Dangerously *Riding With No Hands *Not Looking Before Crossing *Riding On The Handlebars *Riding Through An Intersection *Carrying Heavy Objects *Not Watching For Hazards *Racing With Friends In The Street *Broken Parts



MIX-N-MATCH

Draw a line connecting the traffic sign to its definition.

PEDESTRIAN CROSSING: SLOW DOWN!

Watch for children. Give children and adults the right of way. These are usually found near schools.

STOP: Come to a full stop! Look both ways before proceeding.

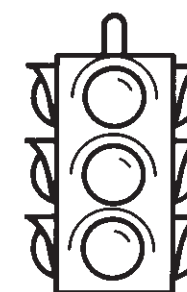
DO NOT ENTER: KEEP OUT! It is very dangerous to enter.

ONE WAY: Cars and bicycles must follow in this direction. It is a traffic hazard and dangerous to go in the other direction.

YIELD: STOP and wait for cars and pedestrians to pass. With a yield sign, the other people have the right of way.

RAILROAD CROSSING: STOP and obey the railroad crossing. Look both ways! If no train is coming, you may cross with caution.

UNDERSTANDING TRAFFIC SIGNALS



RED LIGHT:

Come to a FULL STOP!

YELLOW LIGHT:

Prepare to Stop!

GREEN LIGHT:

You may GO!



OBEY ALL TRAFFIC SIGNS & SIGNALS!

Always ride your bicycle as though you were driving a car or a motorcycle. Road signs are there for everyone's safety. Yield to pedestrians, and ride on the right side of the street!

H A N D L E B A R S
 S A F E L C Y C I R T R N
 P S T A E S T A Y T O T H E R I G H T
 A E F O L R A C I N G T A Y A D I T U G
 E U R E D A U O E I B B E D R O M E S S E L T
 H S I T E T A R T N E C N O C L E S A P A L E R T
 E I Y R K C O L C O N T R O L B E L L O C S E R I T
 L C H A I N S L E E H W E K I B N I A T N U O M T B
 M R D F C K N A L O O K B O T H W A Y S I G N A L S
 E E V F U N N Y T H A T S U S I N G Y O U R H E A D
 T X S I G N S E E K I B V
 E L C Y C I B R A K E S
 S O C



Bike Helmets!
That's Using
Your Head!

Safe Kids
Are Smart Kids!
Be A Safe Cyclist ...
Not A Sorry One!

THAT'S USING YOUR HEAD!

All the words listed below are used when talking "Bike Talk". To find each of these words, you may go forward, backward, up, down and backwards. Good Luck!

ALERT BICYCLE BRAKES CHAIN CONCENTRATE
 CONTROL EXERCISE FITS-WELL FUN HANDLEBARS
 HELMET LOCK LOOK-BOTH-WAYS MOUNTAIN-BIKE
 OBEY-ALL-RULES PEDAL RACING REFLECTORS
 RIDE SAFE SAFETY SEAT SIGNALS SIGNS SMART
 STAY-TO-THE-RIGHT STOP-SIGN THAT'S-USING-YOUR-HEAD
 STREET TIRES TRAFFIC TRICYCLE WHEELS YIELD

THAT'S USING YOUR HEAD® is a helmet safety program that is now offered by many Rescue Squads, Hospitals, Police Departments and Fire Departments. This program consists of two stickers that are placed on the outside of the helmet, showing that the person is active in the program. Another larger sticker, placed inside the helmet, contains information about the person wearing the helmet, such as: name, age, address, phone, doctor and allergies This information may be of vital importance to rescue personnel.

You always ride safely and wear a helmet!
YOU'RE A WINNER!

You didn't check your bike before riding, & now you have a flat tire 1/2 mile from home!
 Dum de dum-dum!
 1 STEP BACK!

You're wearing a bicycle helmet that fits you properly!
You look great & feel safe!
 2 STEPS FORWARD!

You took off on your bike without telling anyone where you are going!
Danger!
 1 STEP BACK!

You know that in an emergency you can DIAL: 911, and you don't need money!
You're a smart kid!
 3 STEPS FORWARD!

You never ride 2-Up with a friend on the handlebars.
Very Smart!
 2 STEPS FORWARD!

You are riding with no hands, hit a pot-hole and fell off.
OUCH that hurts!
 1 STEP BACK!

You obey all traffic signs & ride with traffic.
Good Going!
 2 STEPS FORWARD!

You're riding alone at night without reflective clothing or lights!
Danger, Danger!
 1 STEP BACK!

You always use proper hand signals.
Super!
 3 STEPS FORWARD!

You took a bicycle safety class and practice all the rules!
Good Goin'!
 2 STEPS FORWARD!

You took a bicycle safety class and practice all the rules!
Good Goin'!
 2 STEPS FORWARD!

You carry your things in a basket or backpack, not in your hands.
Very Smart!
 1 STEPS FORWARD!

You see no traffic coming, so you quickly ride across 4 lanes of traffic.
Stupid & Dangerous!
 1 STEP BACK!

You look LEFT, and then RIGHT, then LEFT again at every intersection.
Good Going!
 2 STEPS FORWARD!

You and your parents picked out a bike that fits you just right!
Smart parents, Safe Kids!
 2 STEPS FORWARD!

SAFE-T-BEAR'S BICYCLE SAFETY CERTIFICATE

This Certifies That

has carefully read and understands the rules of bicycle safety.

BICYCLE SAFETY PLEDGE:

- I pledge to always follow the rules of bicycle safety as presented in this book.
- I pledge to always wear a helmet when I am riding my bicycle.
- I pledge to keep my bicycle in good riding condition.
- I pledge to always look both ways when crossing the street.
- I pledge to respect the rights of other riders and pedestrians.



(sign your name)