



Bike Safety 101

RIDE SAFE SET AN EXAMPLE FOR OTHERS IN CHICO FOLLOW THE RULES

Lesson 1: Helmets



Lesson 2: Directions



Lesson 3: Clothing



Rules of the Road

- * Ride single file
- * Always ride one person to one bike
- * Always ride the same direction as traffic
- * Ride as far to the right as practical
- * Always obey red lights
- * Plan ahead! Take the safest route
- * Set an example for other riders

Lesson 4: Equipment



Lesson 5: Bike Crossings



Lesson 6: Bicycle Routes



Education for the safety of student cycle commuters

Half of all bicycle accidents in Chico involving a motor vehicle are the fault of the cyclist.

One out of five accidents caused by a cyclist is the result of riding in the opposite direction of traffic.

One out of five bicycle accidents in Chico involving a motor vehicle include someone under 14 years of age.

Lesson 1: Helmets. Why wear a bicycle helmet?

It's simple. If you're hit by a vehicle or fall from your bike, the helmet will take the force of impact instead of your head. When you're cycling, wearing a bicycle helmet is the most effective way to prevent a life-threatening head injury. Plus, helmets are cool! They look good, they protect your head from heat in summer, and they keep you warm in winter.



**ONE
WAY**



Lesson 2: Ride the same direction as traffic.

An official study showed that riding the opposite way of traffic was *three times more dangerous* than riding with traffic. And for people your age, the risk is *seven times greater* than adults. The math is easy: $1 \times 3 = 3$ and $3 \times 7 = 21$. Combined, if you wear a helmet you'll be 21 times less likely to have a serious head injury.

Lesson 3: Clothing. The three top reasons for wearing appropriate bicycle clothing are: Safety. Bicycle safe clothing means wearing bright colors so people driving cars can see you. Health. Bicycle clothes should protect you from both cold and wet weather and from hot weather too. Comfort: Comfortable clothes will allow freedom of movement and will not make you uncomfortable.



Lesson 4: Equipment Quiz

Put these pieces of bike equipment in correct order according to safety: Side reflectors, head light, your brain, horn or ringer, mirrors, water bottle holder, cargo rack, tire pump, tire patch kit, rear reflector 1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____ 7. _____
8. _____ 9. _____ 10. _____

Ask your parents or your teacher to score your quiz.



Lesson 5: Bike Crossings. When the signal light turns green, cars go. And many drivers do not see cyclists, so always look in all directions before crossing a street. Wait for either the "walk" signal or the green light, and make eye contact with drivers so they know you are present. When in doubt, walk your bike. Also, at unsignalized intersections, come to a complete stop before proceeding. According to the State of California, cyclists must follow the same rules of the road as cars.



Lesson 6: Bicycle Routes

Class 1 Bike Path: A separate bike path where cars are not allowed.

Class 2 Bike Lane: On a street, and separated from cars with a 6" white line

Class 3 Bike Route: A street that's wide enough for shared use: bikes and cars. Prior to your commute, find the safest route by looking at the City's bike route map.