

## Fire Up Your Feet!

### Tips for Riding a Bicycle to School and in Life

Riding a bicycle is a healthy, fun, and fast way to get around town and to school. When going for a ride follow these great tips to make sure your trip is fun AND safe!

#### Always Wear a Helmet!

A helmet protects your brain in case you fall over or crash. Wearing your helmet correctly, by making sure it is level on your head and the straps are a tight enough that the helmet doesn't move around, will make sure it stays on and protects your brain when you need it most.

#### ABC Quick Check Your Bicycle

You should make sure your bike is working before every ride. Use the ABC Quick Check to test your bicycle parts before heading out the door:

- **Air:** Squeeze your tires to make sure they are firm and full of air
- **Brakes:** Hold down your brakes and try to move your bicycle back and forth, if it doesn't move your brakes are working great!
- **Chain:** Make sure your chain is black or silver and quiet when you ride, if it is orange or squeaky it is rusty and needs some oil!
- **Quick Releases:** Your quick release (which are sometimes just bolts) holds your tire in place, make sure it is tight so your wheels stay on during your ride.
- **Check** it out on a brief ride before riding too far, listen for strange noises and make sure it handles well before taking it for the long haul.

If your bike doesn't pass the ABC Quick Check make sure you ask an adult to help you fix your bike before you take it out on a ride!

#### Get Dressed to Ride!

Wear bright colors or reflectors so drivers can see you from far away. Roll up your pant leg and tie your shoes so they don't get caught in your chain. Wear a helmet for each and every ride!

#### Follow All the Rules of the Road

Walking with your friends or family is a fun and healthy way to spend time together. Start or join a Walking School Bus so you can walk with friends and stay safe on your walk to school.

#### Be aware of your surroundings

- Ride on the right with traffic
- Ride in a straight line
- Look back for other cars and use your hand signal before turning
- If you see people walking across the street, stop and wait for them to finish.
- If you ride at night time or in the early morning, make sure and use lights on the front and back of your bicycle.
- Always stop at the end of your driveway and look left, right, and then left again before bicycling into the road.

#### Have Fun!

Bicycling is a fun way to get out and about with your friends and family, take advantage of every opportunity you get to bicycle and you'll be happy and healthy for life!

