

# Safe Biking

for  
kids

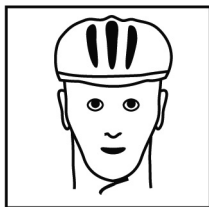
Activity  
Book



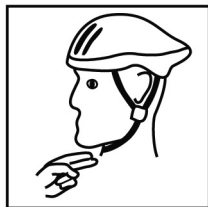
**VISIBLE**  
**PREDICTABLE**  
**LEGAL**  
THE WAY TO GO!

## Check your helmet and bicycle

\*If you are unsure about helmet fit or the safety of your bike, ask your local bike shop for help.



Before you ride, check that your **helmet** covers your forehead. When you look up you should see the helmet's front edge.



**Sliders** should be slightly below and in front of your ears. Only two fingers should fit between the **chinstrap** and your neck.

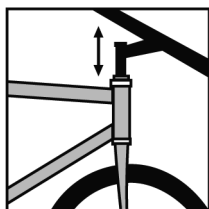


Keep pant legs and shoelaces out of moving parts by **rolling and tucking** them in.

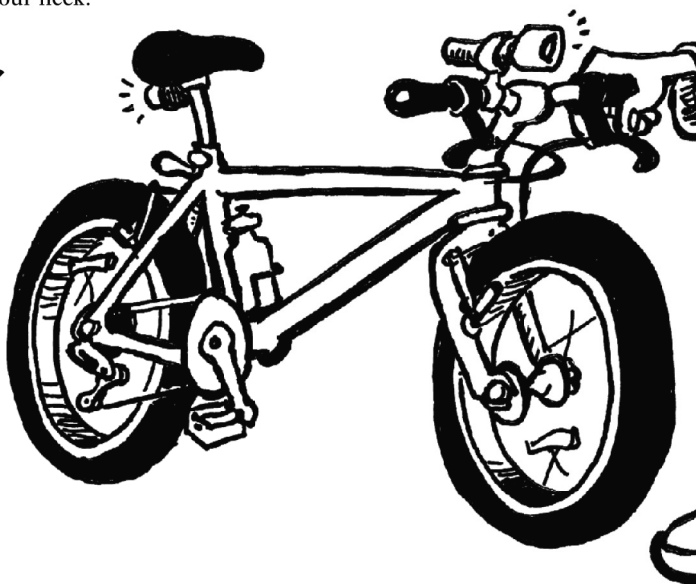


Wear bright and reflective **clothing** to help you be visible to motorists at night.

## Check your bike fit



Raise or lower your **handlebars** so you feel comfortable. Most stems have a "maximum height" mark to let you know how high you can raise them.



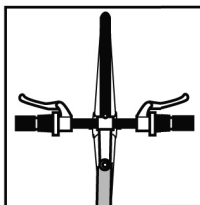
**Clearance** from top tube should be 1-2 inches when you pull both wheels off the ground for road bikes; 3-4 inches for mountain bikes.



Your **seat** is at the right height when you can reach the ground with the tips of your toes. Don't raise your seat beyond the maximum height.

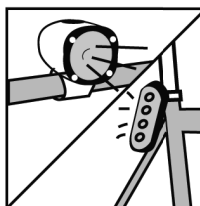
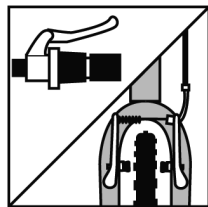
## Before a ride

# Check your bike for safety



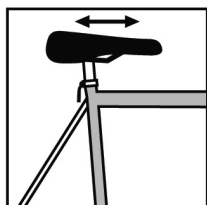
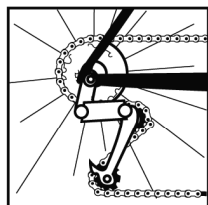
Your **handlebars** need to be tight and in line with the front wheel. Check tightness by squeezing the front wheel between your legs and trying to turn the handlebars from side to side. Tighten the stem bolts with an Allen wrench if the handlebars move.

Squeeze the **brakes** and rock your bike forward. Both brakes should grip the rims smoothly and evenly. When braking, the levers should be at least one finger's width from the handlebars.

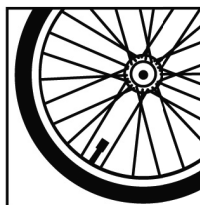


Use **lights**, white in the front and red in the rear, when riding at night. Check batteries often and make sure the lights are visible to drivers. Carry spare batteries with you.

Check that the **chain** is running smoothly by pedaling backwards. Add lube to the chain if it looks dry or squeaks. Clean your chain with degreaser to remove rust and lube build-up.



Your **seat** should be in line with the top tube of the frame and tight.



Check that your **tires** are properly inflated and in good condition. You may need to replace your tire if you notice cracks in the sides or worn spots that bulge.

**Make a few quick checks before you ride your bike.** Is your helmet properly adjusted? Are you dressed to ride? Does your bike fit you? Is your bike in good condition? If the answers are yes, you're ready to ride!

## Making the plan

The other day I called my friends \_\_\_\_\_ and \_\_\_\_\_ and asked  
 if they wanted to go for a \_\_\_\_\_ ride. They were \_\_\_\_\_ and so they  
 were happy to come. I told them to meet me at \_\_\_\_\_ in \_\_\_\_\_  
 minutes and be sure to bring their \_\_\_\_\_.

I was \_\_\_\_\_ to go for a ride with my friends. I ran to the \_\_\_\_\_  
 to get ready. I combed my \_\_\_\_\_ and washed my \_\_\_\_\_ and put on  
 clean \_\_\_\_\_.

Then I went to the \_\_\_\_\_ to get my \_\_\_\_\_ stuff. The most important  
 thing is my \_\_\_\_\_, so I tried it on my \_\_\_\_\_. It looked great!

## Checking the gear

Before going on a ride, I like to do a \_\_\_\_\_ checkup of the bike.  
 First, check that the handlebars are \_\_\_\_\_ and in line with the front  
 \_\_\_\_\_. Next, pump the \_\_\_\_\_ and make sure they \_\_\_\_\_.  
 We wouldn't be out after dark, but I checked the \_\_\_\_\_  
 and its batteries, and made sure my reflectors were  
 \_\_\_\_\_. Last, I made sure the \_\_\_\_\_ was running  
 smoothly by \_\_\_\_\_ backwards, and  
 made sure the \_\_\_\_\_ were inflated  
 right. I wouldn't want a flat \_\_\_\_\_!

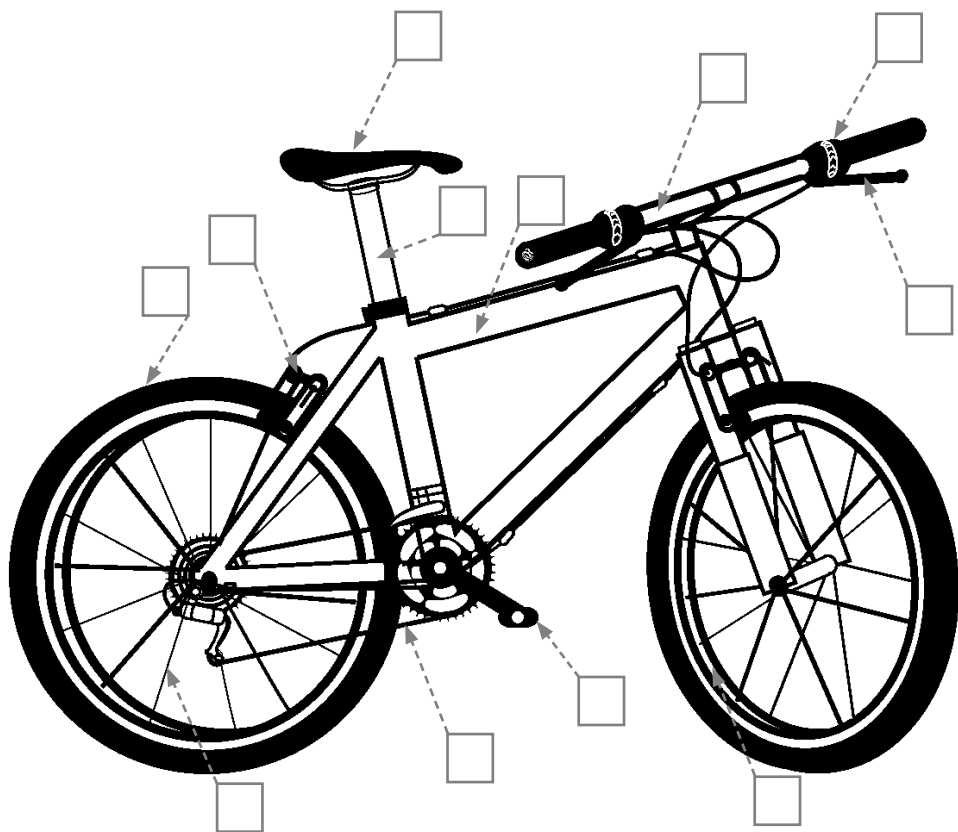




## Know Your Bike Quiz

Which part is which? Identify these 12 bike parts by writing the right letter in the box next to each part.

- |               |                |           |
|---------------|----------------|-----------|
| A. Seat       | E. Brake       | I. Spokes |
| B. Handlebars | F. Shifter     | J. Chain  |
| C. Top tube   | G. Brake lever | K. Pedal  |
| D. Tire       | H. Seat post   | L. Rim    |



## Rules of the road

### Ride on the right side of the road with traffic.

When riding in a group, ride in **single file**. Bicycles are considered vehicles according to most state and city law — this means you have a right to the road. It also means you must obey all traffic laws.

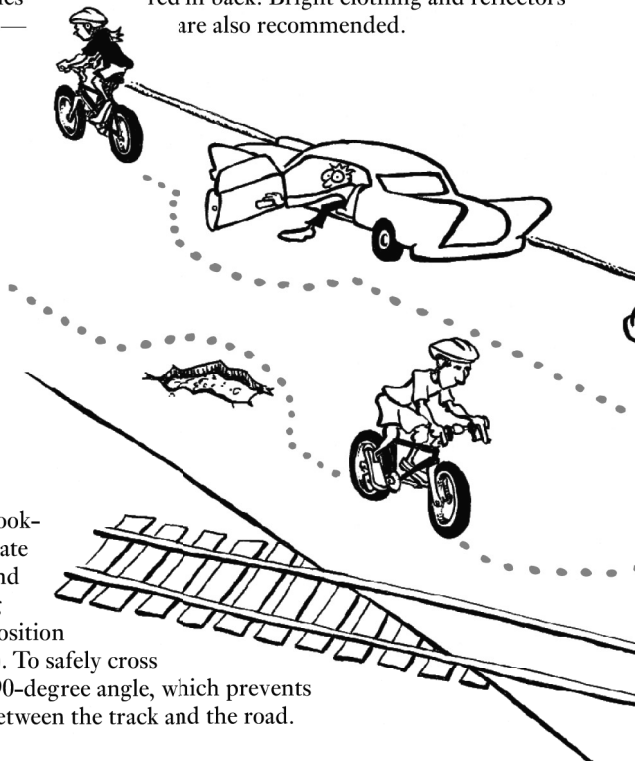
Use your **hand signals** to communicate where you are going.

Use **lights** at night — white in front and red in back. Bright clothing and reflectors are also recommended.

## Hazards

Hazards can be anything that blocks your view of traffic, causes you to lose control of your bike, or crashes into you while riding. Some examples are parked cars, potholes, opening car doors, dogs, and railroad tracks.

**You can avoid hazards** by looking ahead and to the sides to anticipate approaching hazards. Riding over and around hazards may require looking back for cars and a change of lane position (see **Road Positioning** below). To safely cross railroad tracks, ride over them at a 90-degree angle, which prevents your wheels from getting trapped between the track and the road.



## Road positioning

Proper **road position** is essential to get where you are going safely and predictably.

### Position 3

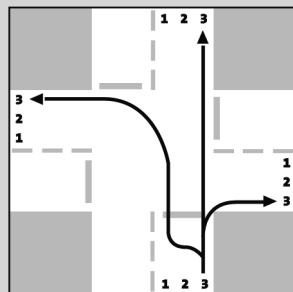
Right side of the lane, 3 feet from the curb and 3 feet from parked cars. Used for the majority of riding.

### Position 2

Center of the lane. Ride in position 2 to avoid road hazards or when the road is too narrow for two vehicles to share. Look back for car traffic before moving to position 2.

### Position 1

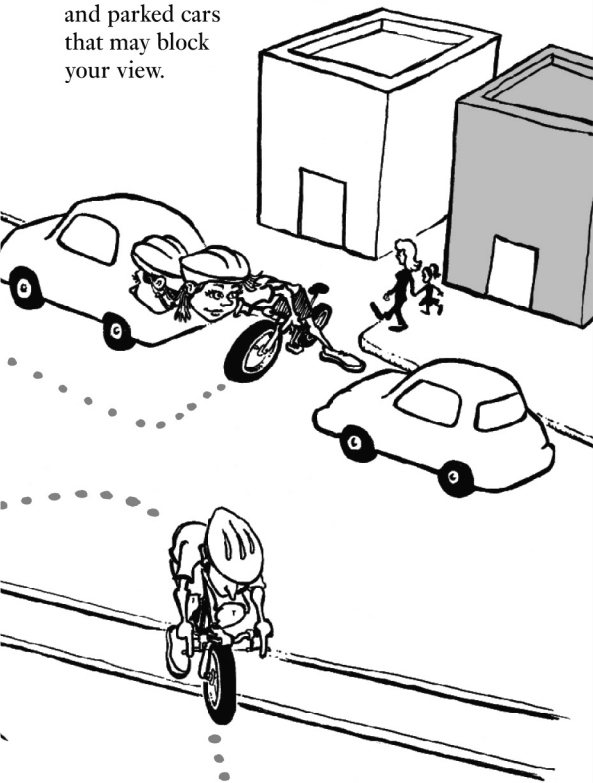
Far left of the lane. Use this position to turn left.



## The road ahead

## Leaving driveways and alleyways

Stop at the end of the driveway or alley and look for traffic before proceeding onto the road. If you are crossing a sidewalk remember to yield to pedestrians. Move forward until you have a clear view around buildings and parked cars that may block your view.



## Traffic signs



### Stop sign

Come to a complete stop. Put one foot down and look both ways for traffic.



### Yield sign

Slow down and watch for traffic. You must yield right-of-way to oncoming traffic.



### Signal

Green = Go  
Yellow = Stop unless you are already in the intersection  
Red = Stop



### RR sign

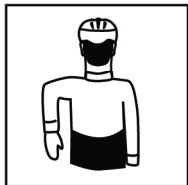
Slow down, look and listen. Stop if you see a train. See **Hazards** to cross tracks safely.



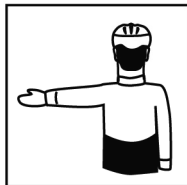
### One way

Shows you which way traffic is traveling on that street.

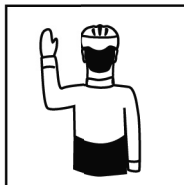
## Using hand signals



Stop



Left turn



Right turn



Right turn  
(alternative)

**The road can hold many surprises.** How do you avoid hazards like opening car doors and train tracks? Where do you ride? What does a "yield" sign mean? To prepare for upcoming hazards, practice these skills.

# Safe Biking Word Find

Find the words in the list below and circle them. Words are forwards, backwards and diagonal.



BICYCLE

BIKE LANE

BRAKES

CROSSWALK

EYE CONTACT

FUN

HAND SIGNAL

HELMET

INTERSECTION

LIGHTS

PARKED CAR

PREDICTABLE

RAILROAD

REFLECTIVE

RIGHT OF WAY

RULES OF THE ROAD

SAFETY

SIGNAL

STOP SIGN

TRAFFIC

TRAIN

VISIBLE

WHEEL

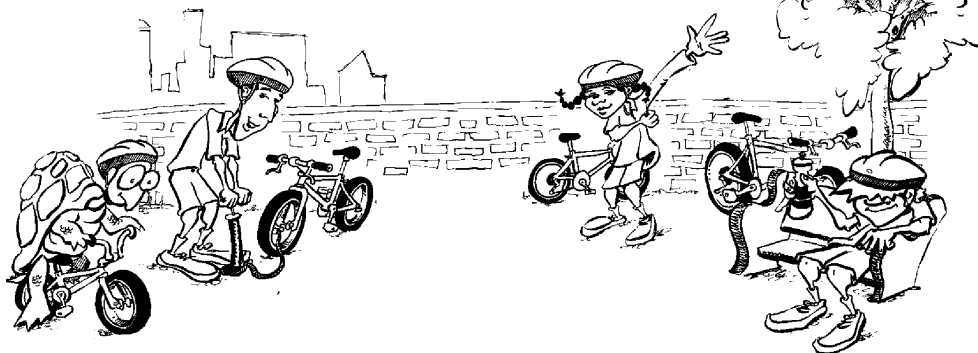
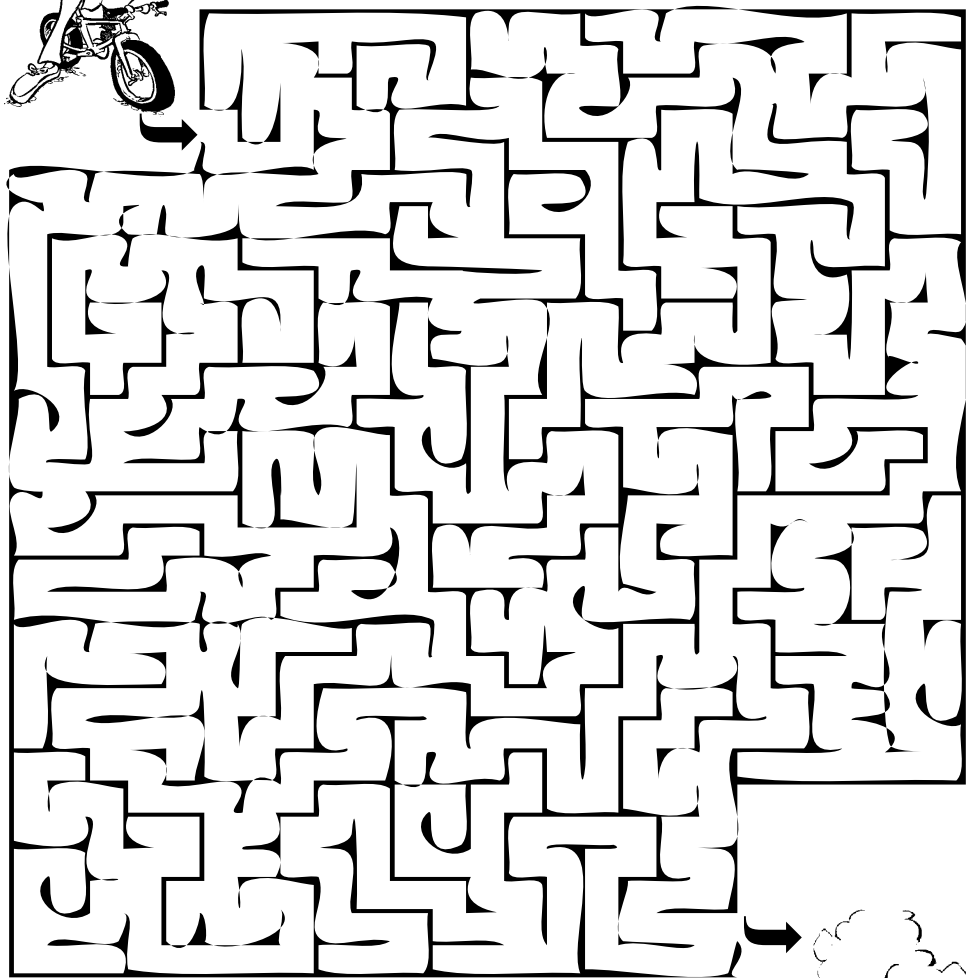
YIELD





## Find the Route

Help Clare find her way to Megan and her other friends in the park.



## Bike lanes

Use **bike lanes** when available. Bike lanes provide a space dedicated for bicyclists so they can travel safely. Motorists are reminded to share the road.

Here are some of the bike lane symbols you're likely to see:



## Changing lane positions

When preparing for left hand turns, avoiding hazards in the road, and riding on one way streets you will need the skills to change lane positions.

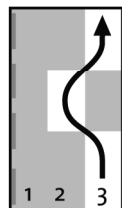
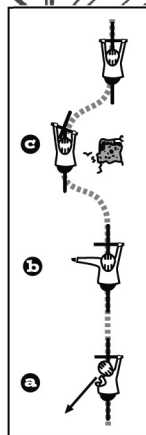
Each time you change lane position you will need to look back. Here are the steps:

- a** In **position 3**, look back over your shoulder for a gap in the traffic,
- b** signal your intent to change position,
- c** and move left into **position 2**.

Then, depending on whether you plan to turn or simply avoid an obstacle, you will return to **position 3** or proceed through a turn. (See **Left turn** on page 9 for more instructions.)

If you can't find a break in traffic you may need to slow down and wait for an opening. Before proceeding, make sure that all motorists see you—it's a good idea to **make eye contact** with drivers.

You will need to **repeat** steps **a**, **b** and **c** each time you change lane positions.



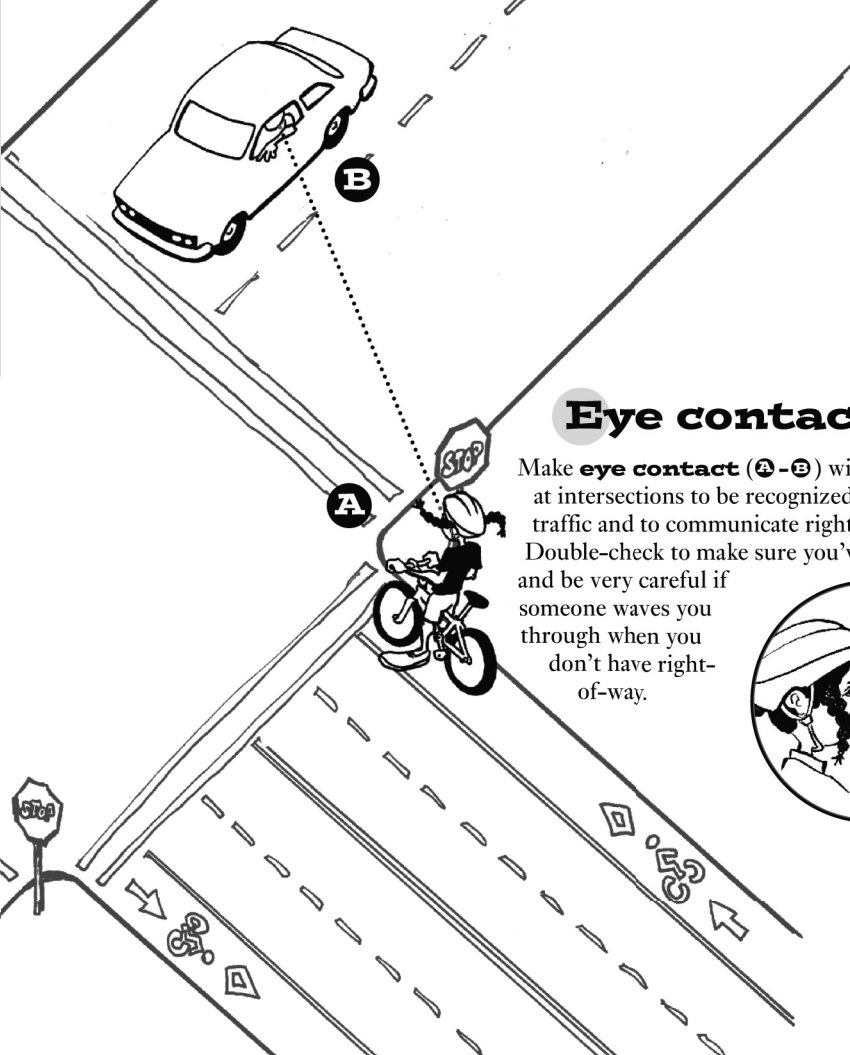
**a**

**b**

**c**



# The right attitudes



## Eye contact

Make **eye contact** (A-B) with drivers at intersections to be recognized as part of traffic and to communicate right-of-way. Double-check to make sure you've been seen, and be very careful if someone waves you through when you don't have right-of-way.



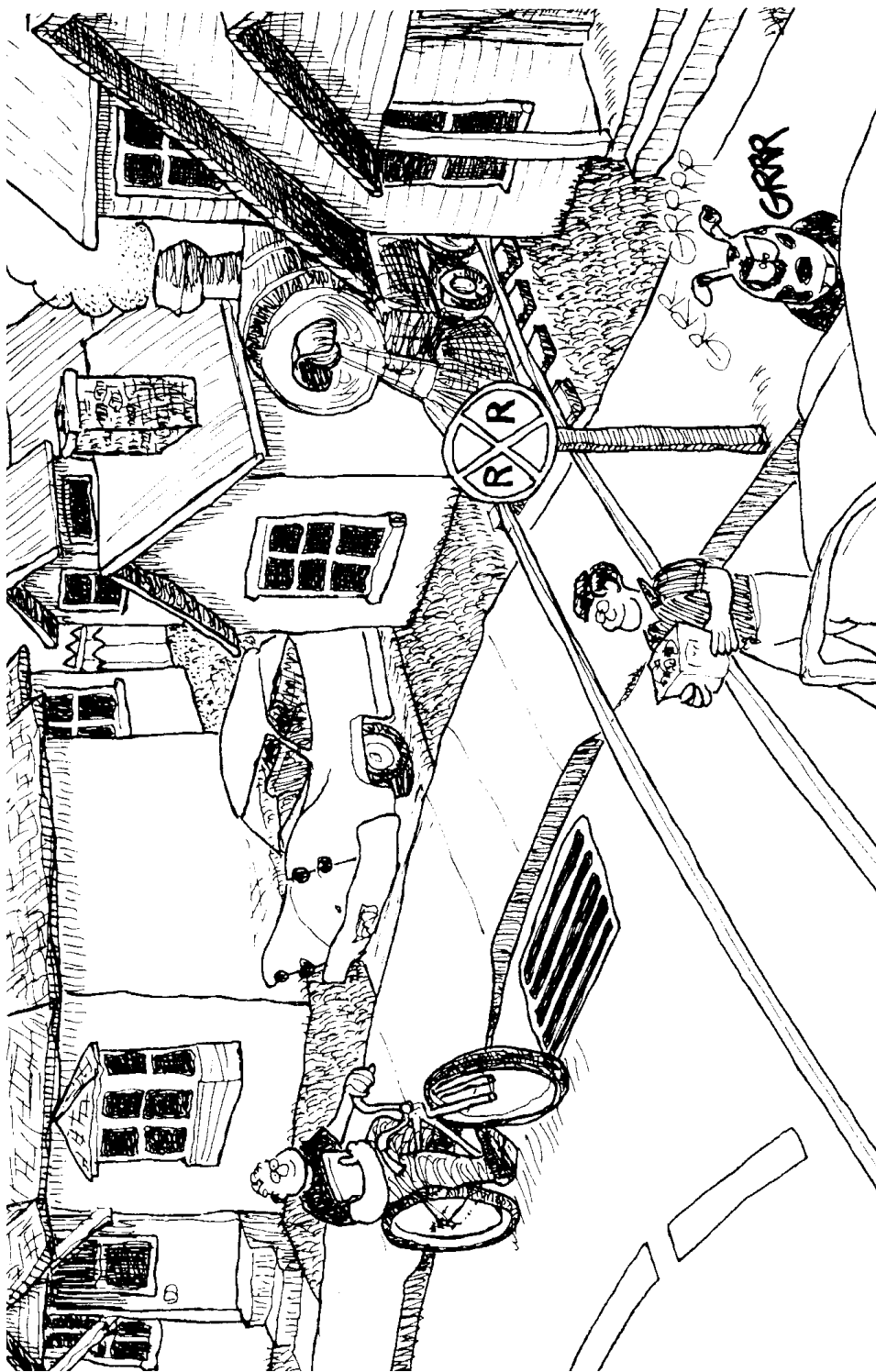
## Looking back

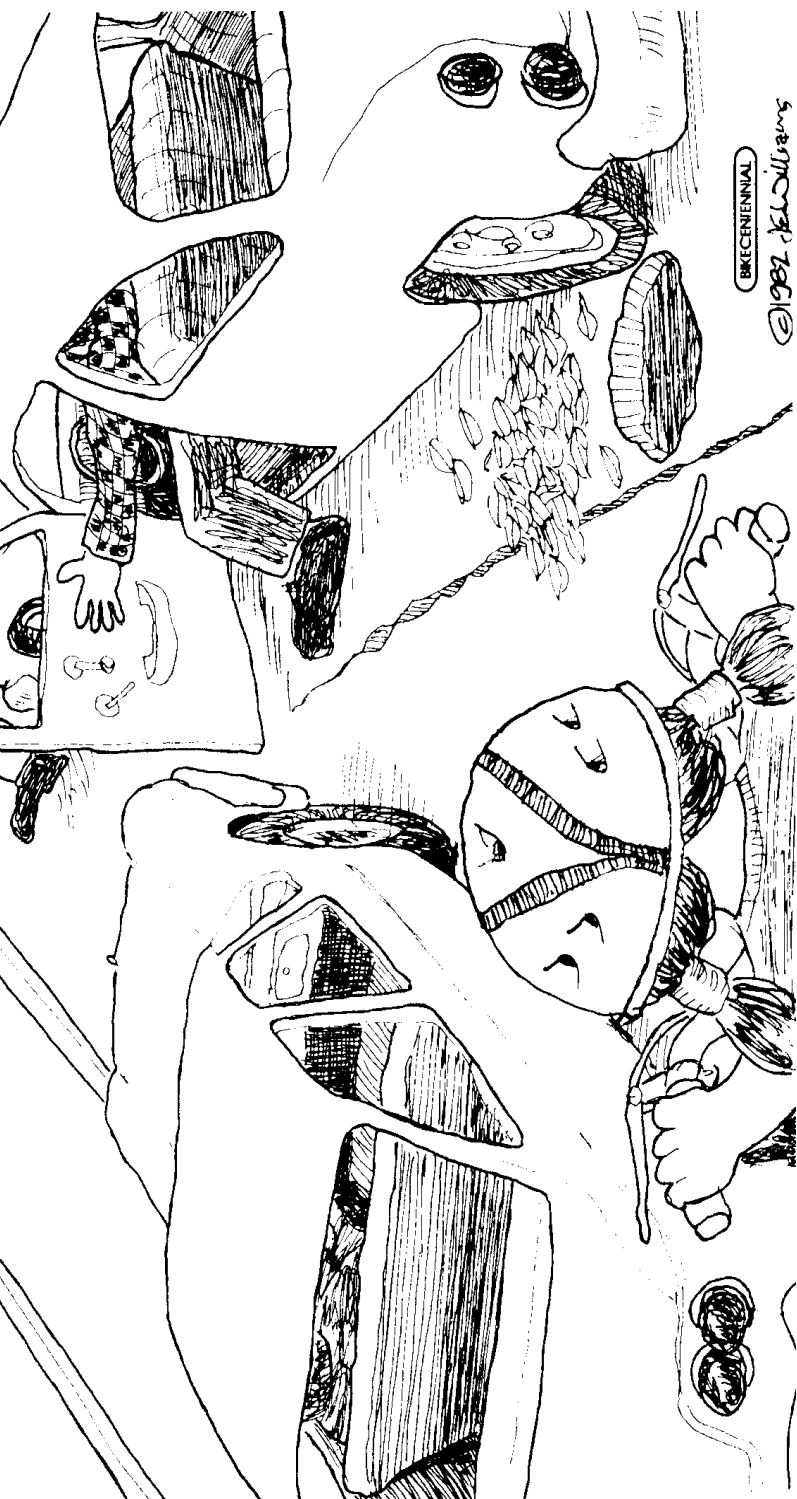
**Looking back** over your shoulder for traffic is an important skill. Cyclists often ride **one-handed** when looking back before changing positions or to signal a turn. Checking over your shoulder for traffic is similar to the way motorists use mirrors and visual checks when preparing for left hand turns, lane changes, and to be aware of traffic. Here are some pointers to make looking back easy. (Practice on a playground, empty parking lot, or low-traffic street.)

- 1 Practice riding with your right hand on the handlebars and your left hand on your hip.
- 2 Sit up tall and look back over your left shoulder.
- 3 Repeat until you can comfortably ride and look for traffic without swerving.

**Bikes are a part of traffic, like cars.** Bikes have the same rights and responsibilities as cars. Ride predictably and assertively, make eye contact with drivers, and look back for oncoming traffic before changing lane position.

## Bike Riding Dangers





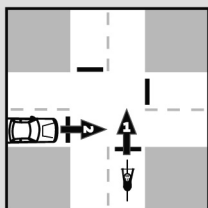
### ***Can you find all 13?***

Pretend you are the person riding the bicycle at the bottom of the picture. Can you see all the things that could cause you to have a crash? There are 13 hazards in this drawing. Can you find them all?

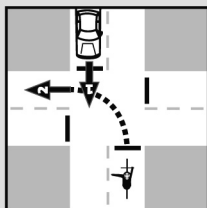
**Answers on Pages 22-23**

## Right-of-way

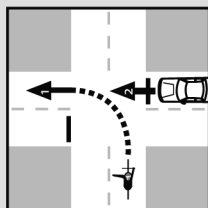
All vehicles must follow **right-of-way** rules to safely cross intersections. Right-of-way helps you decide who goes first at an intersection.



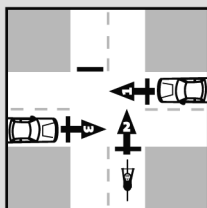
If two vehicles arrive at the intersection at the same time, the vehicle on the **right** has right-of-way and gets to go first.



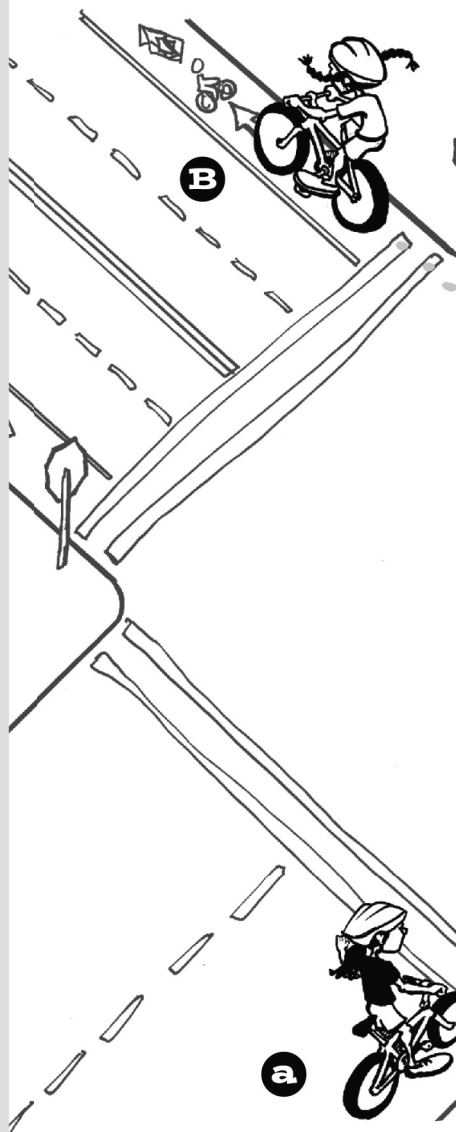
If two vehicles traveling in opposite directions get to the intersection at the same time, the vehicle going **straight** goes first, before the vehicle turning left.



At a two way intersection vehicles at stop signs **must wait** for all other vehicles to pass before moving through the intersection.



If there are three vehicles at the intersection, the **vehicle that gets there first goes first**. If all three vehicles get there at the same time, the vehicle to the right goes first.



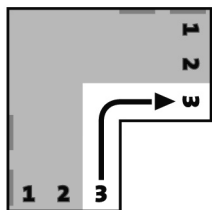
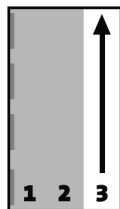
## Turning right

Stay in **position 3** as you ride up to the stop sign. **Stop** at the stop sign and look left and right and left again for traffic. Give your right turn (⤵) **signal** and move into **position 3** on the adjacent street. Keep your turn tight (⤵) and avoid swinging wide.

# Turning right

## Going straight

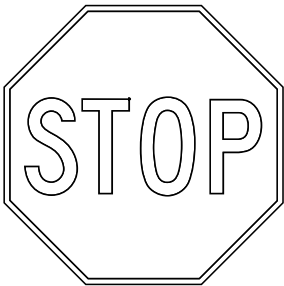
Stay in **position 3** (A) as you ride up to the stop sign. **Stop** at the stop sign and look left and right and left again for traffic. Continue riding in **position 3** (B) through the intersection.



**Riding through intersections can be tricky.** Decide where you are going before you get to the intersection. Pay attention to other vehicles. Signal your turn. Who was the first at the intersection? Who has right of way?

# Signs

The color of a sign is an important part of the sign's message. Color the signs (hint: get out your red, black and yellow/gold markers) and describe what you do when you see each of them.



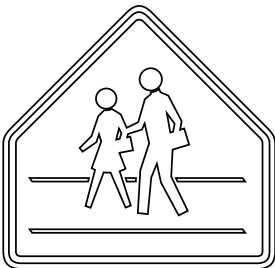
BACKGROUND-RED  
LETTERS-WHITE

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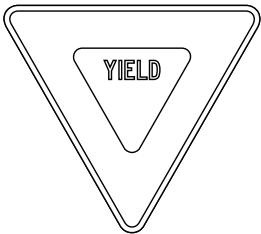
BACKGROUND-YELLOW  
LINES AND FIGURES-BLACK

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BACKGROUND-RED  
CENTER-WHITE LETTERS-RED

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BACKGROUND-YELLOW  
LINES AND FIGURES-BLACK

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BACKGROUND-BLACK  
ARROW-WHITE LETTERS-BLACK

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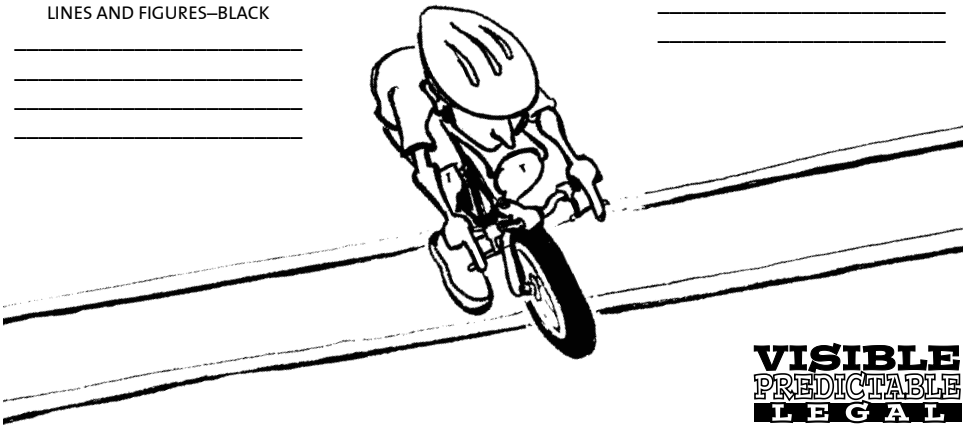
BACKGROUND-YELLOW  
LINES AND LETTERS-BLACK

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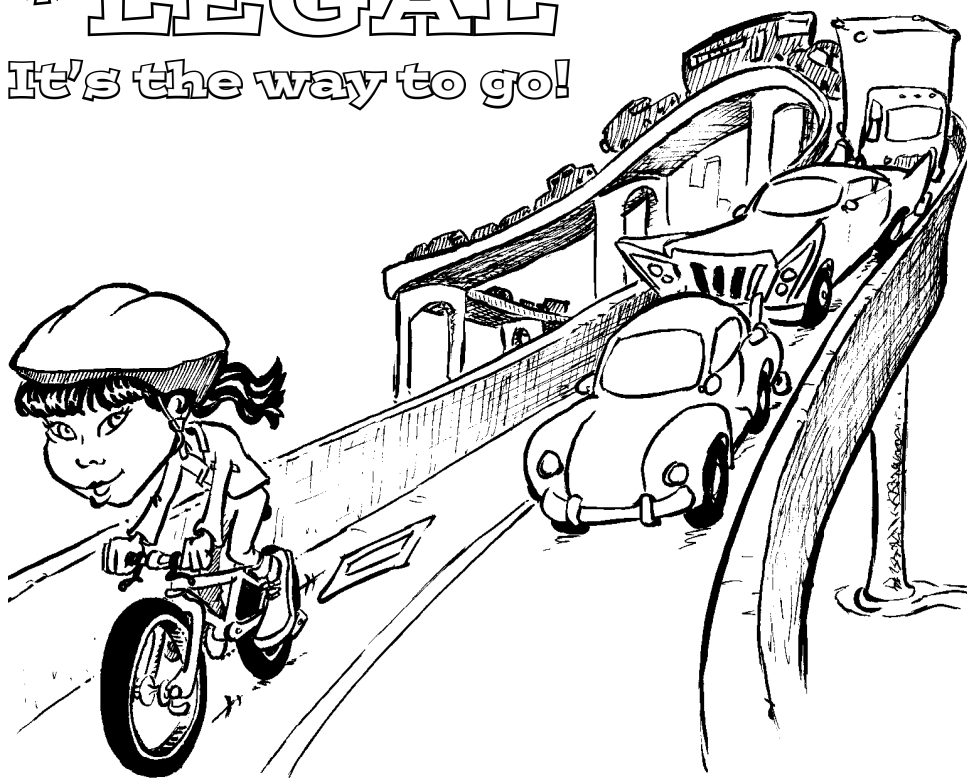


# \* VISIBLE

# \* PREDICTABLE

# \* LEGAL

It's the way to go!



- \* Be **visible** by wearing bright, **reflective clothing**, and using **lights and reflectors** on your bike.
- \* Be **predictable** so drivers and pedestrians can figure out what you're going to do. Be predictable by **riding on the right** side of the street, **obeying traffic signs** and **using the rules cars use**.
- \* Be **legal**, because the laws are designed to allow everyone to use the streets and sidewalks safely.

## Left turn

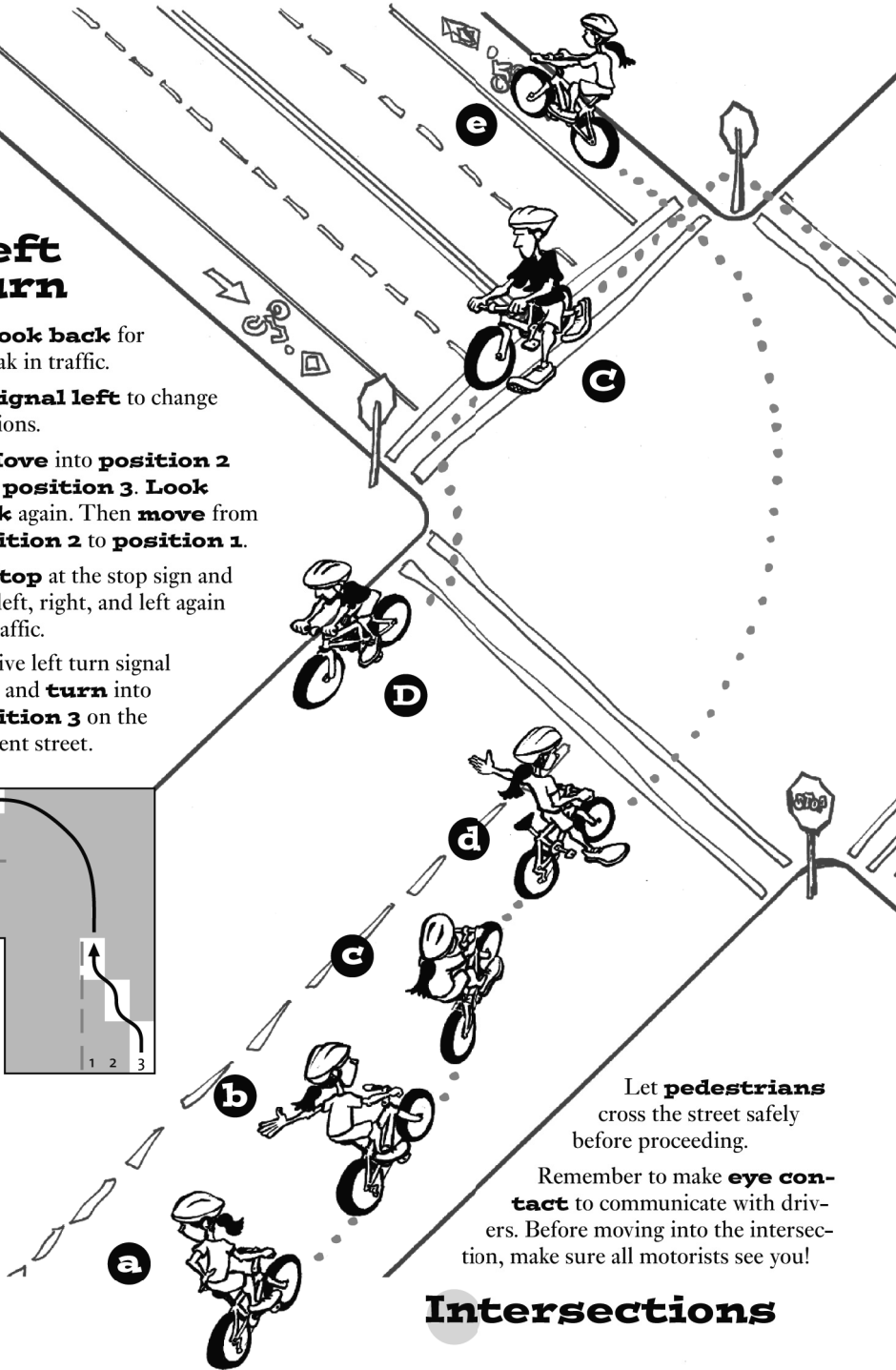
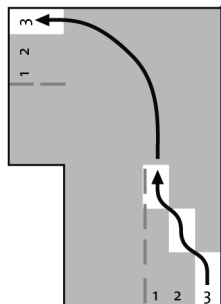
**a** Look back for a break in traffic.

**b** Signal left to change positions.

**c** Move into **position 2** from **position 3**. Look back again. Then move from **position 2** to **position 1**.

**d** Stop at the stop sign and look left, right, and left again for traffic.

**e** Give left turn signal again and **turn** into **position 3** on the adjacent street.



Let **pedestrians** cross the street safely before proceeding.

Remember to make **eye contact** to communicate with drivers. Before moving into the intersection, make sure all motorists see you!

## Intersections

# Turning left

## Two other left turns

Heavy traffic may make it difficult to turn left. In cases where the traditional left turn is not possible, use one of these two left turns to get where you're going.

### Left turn #2: Walking in crosswalk

**A** Stay in **position 3** as you arrive at the intersection.

**Stop** for stop signs, yellow or red lights. **Get off your bike** and walk it to the crosswalk. Wait for the "Walk" signal.

**B** When the walk signal lights, **walk your bike** across the intersection in the crosswalk.

**C** When you arrive at the opposite curb, **turn left** and wait for the walk signal at that corner.

When the walk signal lights, **walk your bike** across the intersection to the opposite corner.

**D** Look back for traffic, then **get back on your bike** in **position 3**. When traffic is clear, **ride on** with traffic.

### Left turn #3: Riding in crosswalk

Similar to left turn #2 except you **ride** slowly across the intersection in the crosswalk.

Stop before you reach the curb and **turn yourself in the direction of traffic**, either in the lane or in the crosswalk.

**Look back** for traffic.

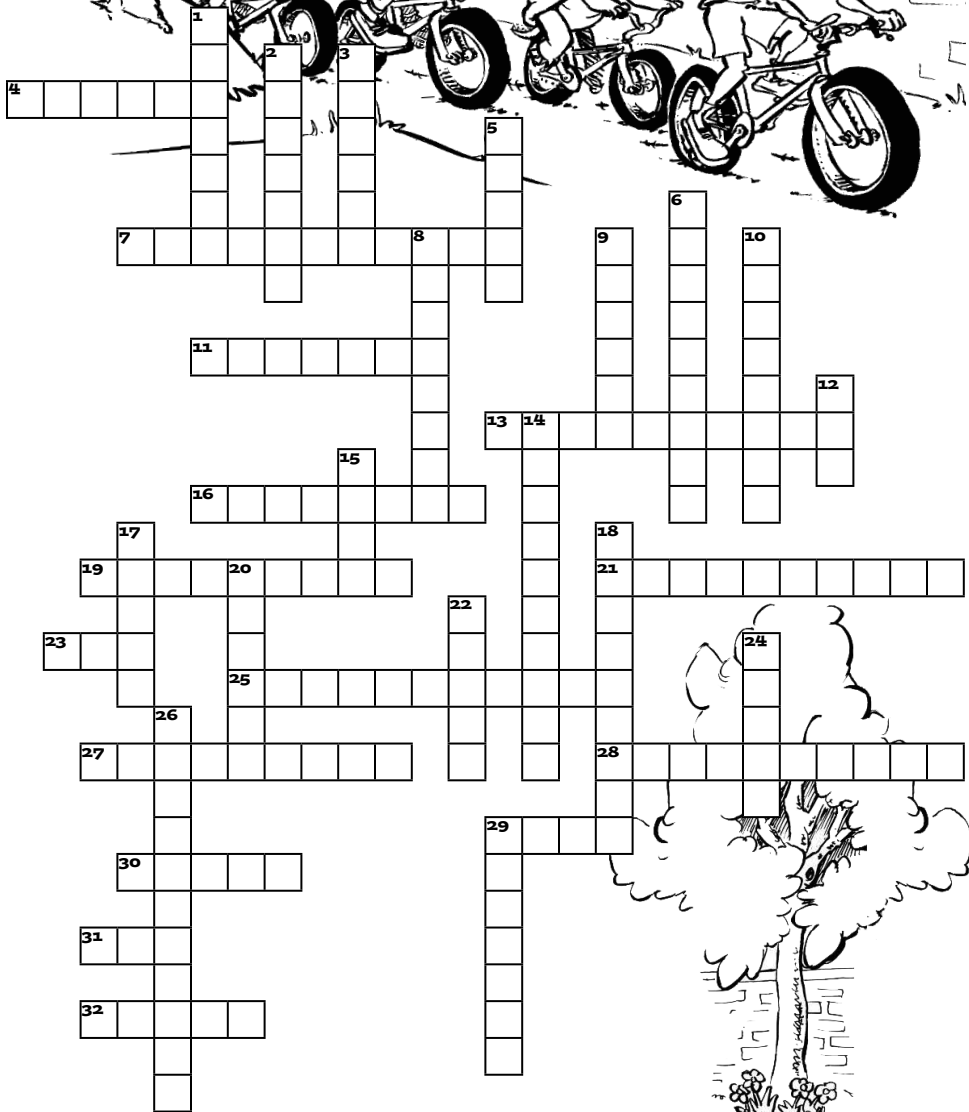
When traffic is clear or the light turns green, **ride on** with traffic in **position 3**.



**There are a few different ways to make a left turn.**

How busy are the streets you ride on? Do they have multiple lanes?

These answers will help you choose the correct left turn for each situation.



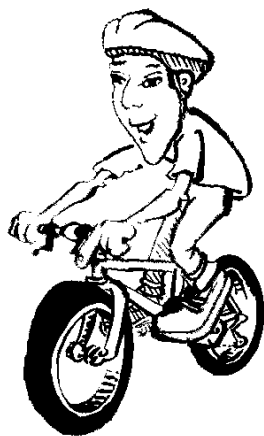
# Safe Biking Crossword

## Across

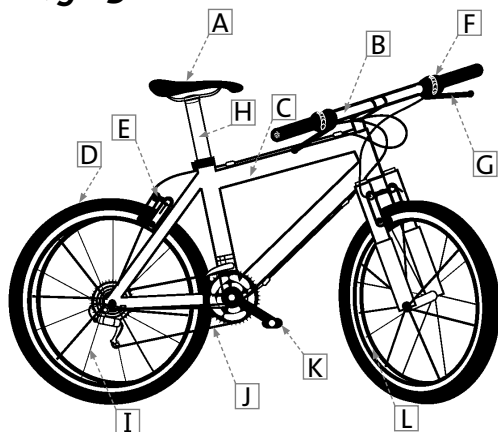
4. Used for stopping
7. Be \_\_\_\_\_, so drivers and pedestrians (and other bicyclists) know what you're going to do
11. Two-wheeled vehicle
13. The shiny kind of clothing it's best to wear while biking
16. Tires should be properly \_\_\_\_\_.
19. Keep these tied up so they stay out of your bike's chain and other moving parts.
21. Where your hands go
23. Your helmet should \_\_\_ correctly to work best.
25. Use \_\_\_\_\_ to show which way you're going to go (two words).
27. In addition to the street, a place to make a left turn; also used by pedestrians.
28. Rule that determines who goes first at an intersection or when making a turn (three words)
29. What you do at a stop sign
30. Side of the road you ride on
31. A hazard when it barks or chases you
32. Sometimes needs a drop of lubrication to run smoothly

## Down

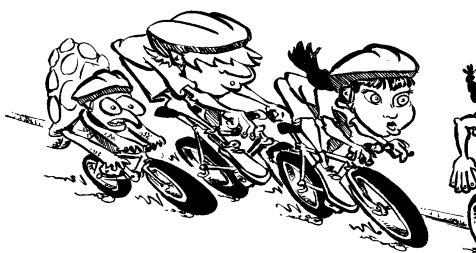
1. Reflective clothing, lights and reflectors make you more \_\_\_\_\_ so that drivers can see you better.
2. Bikes are part of \_\_\_\_\_, just like cars.
3. Protects your head
5. These should be properly inflated.
6. A hazard when someone opens a door (two words)
8. Use when available, as it provides a space just for bicyclists.
9. On this, green means go, yellow and red mean stop.
10. Eight-sided, means complete stop (two words)
12. Color of reflector on rear of bike
14. Make \_\_\_\_\_ with drivers at intersections (two words).
15. Without danger
17. Color of light at front of bike when riding at night
18. On your helmet, only two fingers should fit between your \_\_\_\_\_ and your neck.
20. A white one on the front, a red one on the back, \_\_\_\_\_ help drivers to see you.
22. Be a safe and \_\_\_\_\_ bicyclist by following the laws.
24. How to get there from here
26. Important to do before you change positions or signal a turn (two words)
29. The small plastic parts of the helmet that should be slightly below and in front of your ears



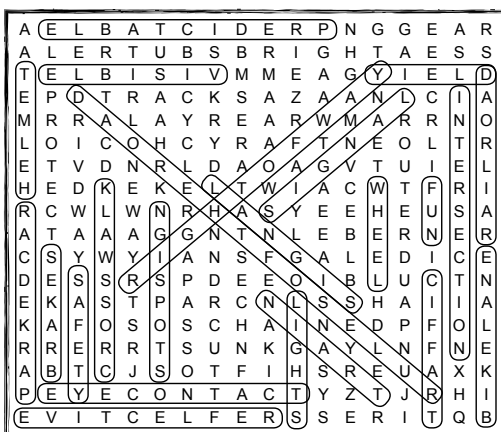
## Page 5



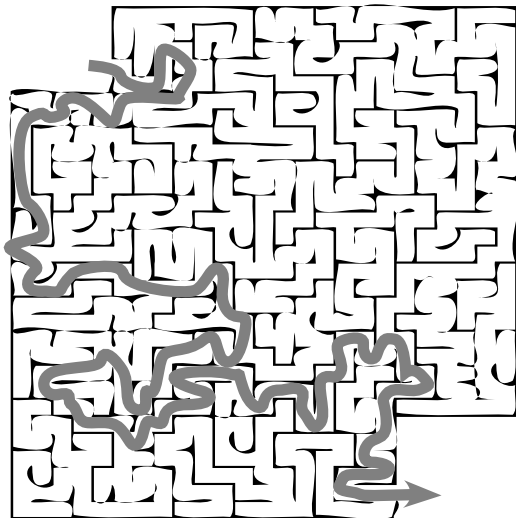
## Answers

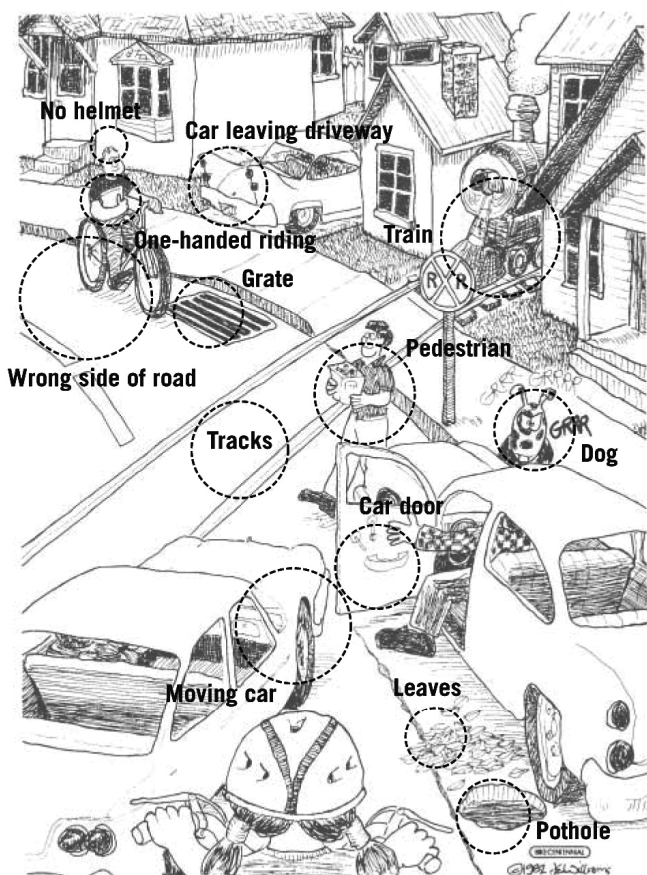


## Page 8



## Page 9





A crossword puzzle grid with 15 numbered squares. The grid is filled with words. The words are: 1. BRAKES, 2. VIBRATING, 3. PREDICTABLE, 4. BICYCLE, 5. INFLATED, 6. SHOELACES, 7. FIT, 8. HANDS, 9. CROSSWALK, 10. RIGHT, 11. DOG, 12. CHAIR, 13. TIRE, 14. SIGN, 15. PARK, 16. STOP, 17. REFLECTIVE, 18. HANDLEBARS, 19. ROUGH, 20. ALIGHT, 21. STOP, 22. LIDERS.

**VISIBLE  
PREDICTABLE  
LEGAL  
THE WAY TO GO!**

## Now that you're ready to ride...

**Always wear your helmet** – every time you ride

- Ride in the same direction as other vehicles. Bicyclists and drivers follow the same rules of the road.
- Pay attention to traffic. Do not use headphones or cell phones while you bike.
- Be visible. Wear bright clothing and reflective materials when you ride.

**And, above all,** obey all traffic laws, signs and signals.



Transportation Safety Division  
Oregon Department of  
Transportation  
**Ride Safely. The Way to Go.**



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