

Inclusion Thought of the Week

August 12-16, 2019

BIKE SAFETY FOR KIDS



Bike riding is a wonderful form of exercise, fun, and great for the environment. As youth-serving professionals, let's encourage our students and families to ride their bicycles responsibly. Knowing to wear a helmet, the rules of the road, and bicycle maintenance are wonderful ways to introduce bicycle safety to children.

Bicycle Safety 101

- Wear your helmet (knee pads & elbow pads) anytime you ride anything with wheels. Make sure the helmet covers your forehead and always fasten the straps.
- Check the size of the bicycle. There should be 1-3 inches of space between you and the top of the bar & feet are able to touch the ground.
- Wear light or bright colored clothing and shoes that cover your toes.
- Listen for vehicles and others on the road. **No headphones.** Kids under 10 years of age should ride on sidewalk.
- Check tires for air before each ride and make sure your brakes work properly.

“Nothing compares to the simple pleasure of riding a bike.”

-John F. Kennedy, American Politician

The Rules of The Road

Learning safety early can help ensure a lifetime of safe bicycle riding. Before your child starts riding, be sure to teach him or her the rules of riding, including:

Bike riders should know how to use hand signals. These are used to let car drivers know what a bicyclist plans to do. Hand signals include:



Left turn: Left arm extended straight out.

Right turn: Left arm bent up at the elbow, or right arm extended straight out.

Stopping: Left arm bent down at the elbow.

Anatomy of a Bicycle



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Questions, comments, suggestions? Email Inclusion: Nicole Horton-Stimpson at nhorton@cambridgema.gov OR Jasmine Dowery at jdowery@cambridgema.gov