

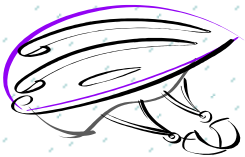
# Bicycle Safety

Some of the children attending San Angelo ISD Schools this year will be riding bicycles of all types and sizes. This is great exercise and promotes a healthy environment for all of us. We are very concerned about the safety of all the children in San Angelo, and would like to offer this information to make sure they enjoy their school year. There are a few things that you as a parent should be talking about with your children to make sure they get to school and back home again safely each day. Please read over and talk with your children about the following **Bicycle Safety Tips** to help them understand the rules of the road, and what they should be watching for and expect when traveling to and from school. Biking on main roads or in traffic can be dangerous. Remember that you may be riding a bike, but you are actually driving the same way you would if you were in a car.



## BICYCLE SAFETY TIPS

1. Bikers should always stop to look for traffic when entering the road. Especially from a driveway, alley, or curb.
2. Always ride on the right side. Remember to go with the flow of traffic, never against it.
3. When riding with a friend, always ride in a single file, one behind the other.
4. Learn to be able to look behind you and keep the bicycle steady as you are going from place to place.
5. Always use proper hand signals so bicycles and cars behind you will know what you are going to do.
6. Obey all traffic signs and signals. Walk your bicycle across busy intersections.
7. Look behind you before you change lanes or turn off the road you are on.
8. Watch out for road conditions that could cause you to lose control of your bicycle.
9. Ride at least three feet away from parked cars, and don't follow too close behind moving cars.
10. Listen for cars that are approaching behind you. Keep control of your bike and don't make any sudden moves or turns that would put you in danger with approaching cars.
11. Always be prepared to stop by keeping your hands on or close to the brakes.
12. Wear clothing that is brightly colored and easy to see, also that are light weight for the heat, and that you can wear in layers so that you can remove them in cold weather as you warm up.



**ALWAYS...ALWAYS...ALWAYS...ALWAYS...ALWAYS...ALWAYS**  
Wear your Bicycle Helmet!!



## BEFORE YOU RIDE

- Make sure your Bicycle is properly adjusted for you.
- Make sure that handlebars, wheels, and seat are tight and in good condition.
- Make sure that your brakes are adjusted and working.
- Make sure that you have a way to secure your bicycle while you are in school.
- Make sure you know your hand signals, and traffic signs.

## WHAT NOT TO DO

- Do not wear loose clothing, or have shoestrings untied.
  - Do not let straps hang from your backpack.
  - Do not wear headphones, they will reduce your hearing.
  - Do not wear inappropriate shoes that could cause you to lose control.
  - Do not ride in the middle of the street.
  - Do not expect cars to know what you are going to do.
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