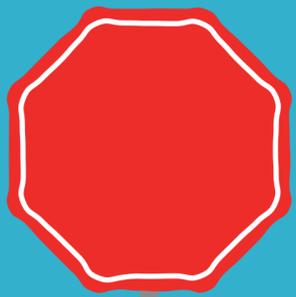


# CELEBRATE BIKE MONTH WITH A SIMPLE AT-HOME BIKE RODEO!



HELP YOUR KIDS LEARN SKILLS THAT WILL HELP THEM BE  
BETTER BICYCLISTS AND SAFE ON THE ROADS!



# STEP 1: HELMET CHECK!

*POSITION THE HELMET TO SIT LEVEL ON YOUR HEAD--WITH TWO FINGER-WIDTHS ABOVE THE EYEBROW.*

**CENTER THE LEFT BUCKLE UNDER THE CHIN.**

*ADJUST THE SIDE STRAPS TO FORM A "V" SHAPE UNDER BOTH EARS.*

**BUCKLE YOUR CHIN STRAP. ONLY ONE FINGER SHOULD FIT BETWEEN CHIN AND STRAP.**



← **SCAN THE QR CODE TO SEE A VIDEO OF HOW TO PROPERLY PUT ON A HELMET!**



# STEP 2: RULES OF THE ROAD

KNOW WHAT DIFFERENT STREET SIGNS MEAN!



ALWAYS RIDE ON THE RIGHT SIDE OF THE ROAD, IN A STRAIGHT LINE -- VEHICLES WILL KNOW WHERE YOU ARE GOING, AND WHAT TO EXPECT FROM YOU!



USE HAND SIGNALS TO HELP DRIVERS KNOW WHAT YOU ARE DOING!



◀ LEFT TURN



▶ RIGHT TURN



■ STOP



● SLOW DOWN



# STEP 3: USING YOUR BRAKES

TEACH CHILDREN HOW TO PROPERLY USE THEIR BRAKES!

- DRAW LINES ON THE SIDEWALK OR DRIVEWAY.
- HAVE EACH RIDER START PEDALING AND APPLY THE BRAKES TO STOP AT THE LINE.
- HAVE RIDERS GO ONE DIRECTION, AND THEN THE OTHER TO MAKE SURE THEY KNOW HOW TO USE THEIR BRAKES!





# STEP 4: BIKE CONTROL

TO TEACH RIDERS HOW TO CONTROL THEIR BIKE, HAVE THEM WEAVE BETWEEN CONES WITHOUT HITTING THEM!



**START**

1. SET UP THE CONES 6-8 FEET APART.

2. HAVE KIDS RIDE AROUND THE CONES, GOING RIGHT THEN LEFT.

3. KIDS SHOULD BE ABLE TO COMPLETE THE COURSE WITHOUT KNOCKING ANY OF THE CONES DOWN!

# STEP 5: BE ON THE LOOKOUT!

CHILDREN SHOULD ALWAYS RIDE THE SAME WAY AS TRAFFIC! TO MAKE SURE THAT YOU ARE SAFE, WE NEED YOU TO LOOK BOTH WAYS!

WHEN CHILDREN RIDE TOWARD THE ROADWAY--HAVE THEM STOP, LOOK LEFT, RIGHT AND LEFT AGAIN TO ENSURE IT IS CLEAR BEFORE ENTERING THE ROADWAY.

HAVE CHILDREN PRACTICE CHECKING FOR TRAFFIC BEHIND THEM WHILE ON THE DRIVEWAY! THIS TEACH HOW TO NOT SWERVE AND CHECK FOR TRAFFIC BEHIND THEM WHEN THEY ARE ON THE ROAD!

