

BIKE SMARTS

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Bike safely and prevent injuries by following the rules of the road, keeping your bike in good condition and wearing a helmet.

HIDDEN SIGNS

Find 10 road signs hidden in the picture.

CHECK IT OUT!

Find 12 things to regularly check on your bike before riding.

- seat
- brake pads
- reflectors
- shift levers
- toe clip
- pedals
- chain
- tires
- derailer
- gear
- wheel bearings
- helmet

F A P I L C E O T O S B Q
 S R O T C E L F E R S U R
 B E G T I D M R E N P A C
 R A S E R I T V B L E V F
 A Z J H G H E C K G L D M
 K N S R E L I A R E D E T
 E Y O I T K P W T A E S O
 P B J F A R V D N I A H C
 A C I S L A D E P F S E G
 D H K W N P U H E L M E T
 S G N I R A E B L E E H W

HELMET HEAD

Which of these ways is the right way to wear a helmet?



Cycling Signals

Teaching children cycling signals is important. It is essential to also teach children how to shoulder check for traffic before they signal a turn. Many children mistakenly think that the signal is like a magic wand that drivers will see the signal and automatically stay out of the way.



Left Turn



Right Turn



Alternate Right turn



Stopping or Slowing

To Shoulder Check

1. Keep both hands on the handlebars and scan backwards over the left shoulder for traffic
2. If the way is clear, signal and proceed with the turn, still shoulder checking
3. If traffic will obstruct the turn, wait until the way is clear, then check again and if still clear, proceed.

For Beginners – How to Negotiate an Intersection when Turning Left or at Busy Intersections

1. Obey any traffic signs or lights at the intersection
2. Look all ways for traffic before proceeding
3. Cycle straight across the intersection on the right side of the road then stop and dismount
4. When the light turns green, walk across the intersection as a pedestrian
5. Stop here for the light to change or for the traffic to clear.

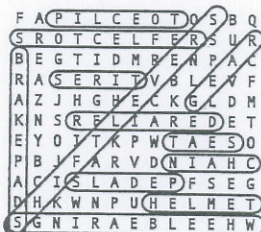
Note: If you do not feel confident riding across an intersection, it is safest to get off the bike and walk it across.

Answers:

HIDDEN SIGNS



CHECK IT OUT!



HELMET HEAD

