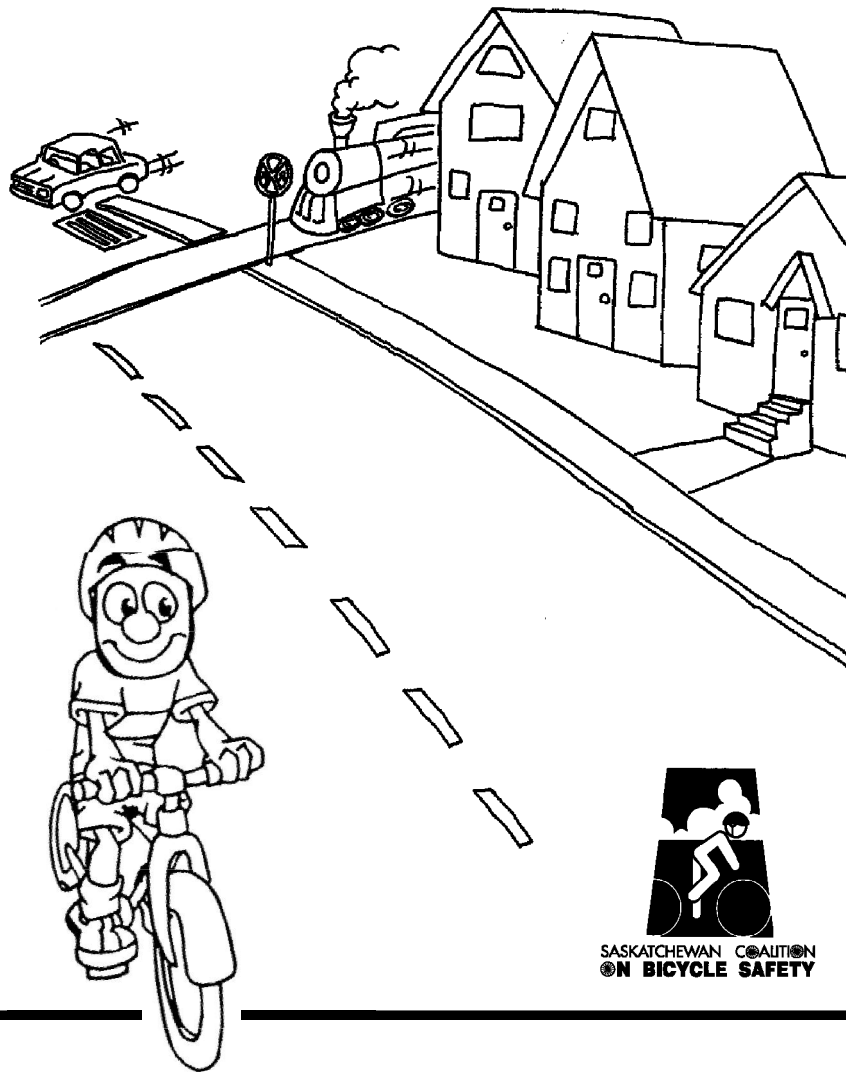


B

BICYCLE SAFETY

Activity Book



SASKATCHEWAN COALITION
ON BICYCLE SAFETY

HOW TO FIT A HELMET

- The helmet must be snug and comfortable.
- It should fit all the way around your head and cover the top of your forehead.
- The chin strap should fit around your ear and under your chin snugly and comfortably.
- Your helmet should not move around on your head.

Circle the picture that shows Sam wearing his helmet right.



WORD SEARCH

Search for the key words that help you "Cycle Safe".

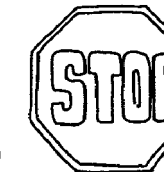
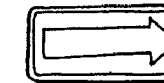
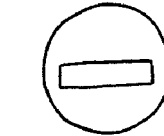
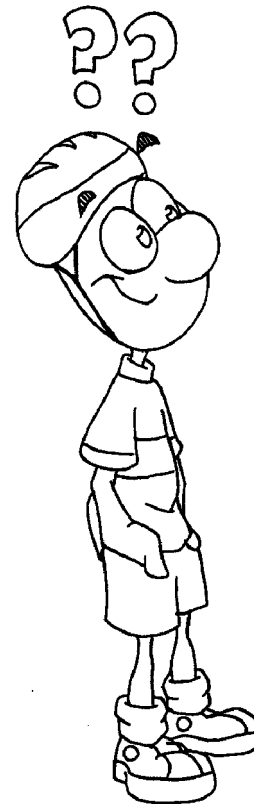
Z	I	S	H	E	L	M	E	T	T	B	A
I	N	X	E	H	S	I	E	T	U	R	N
O	T	B	I	C	Y	C	L	E	Y	A	R
B	E	L	L	K	F	E	M	I	B	K	P
D	R	S	C	L	I	G	H	T	I	E	H
F	S	G	H	J	K	L	I	U	Y	T	R
L	E	H	A	Z	A	R	D	S	B	S	E
M	C	N	B	F	D	O	S	A	A	T	Q
W	T	I	R	E	E	A	R	F	T	O	Y
U	I	O	P	L	K	D	J	E	H	P	G
A	O	S	S	P	O	K	E	S	D	F	G
T	N	J	R	E	F	L	E	C	T	O	R

- | | | |
|---------|--------------|-----------|
| Bell | Intersection | Spokes |
| Helmet | Safe | Hazard |
| Road | Turn | Reflector |
| Tire | Brake | Stop |
| Bicycle | Light | |

SAFETY SIGNS

One thing you need to know before you ride your bike on the street is what the traffic signs mean.

Match the signs to their meanings and colour them the right colour.

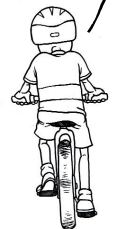


Stop

One Way

Yield

Do Not Enter



HAND SIGNALS

It is very important to let others know when you plan to turn or stop. You can use hand signals to tell others what you plan to do.

Draw Cycling Sam's left arm in the correct position to show Sam making the proper signals.



Right Turn



Left Turn



Stop

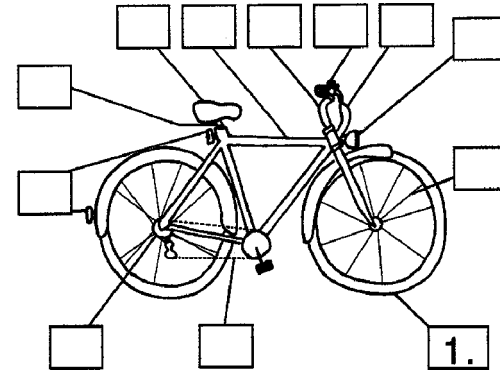
Answer:

Left arm bent upwards for a right turn.
Left arm straight out for a left turn.
Left arm bent downwards for a stop.



BICYCLE SAFETY CHECKLIST

Read the safety checklist at the bottom of the page. Write the number of each safety check in the box that indicates the location of the bike parts to be checked. The first one is done for you.



1. Check tire pressure.
2. Make sure the wheels are tight.
3. Make sure the seat is tight.
4. Make sure the bell works.
5. Check if the reflector is clean.
6. You should be able to straddle the top tube with your feet flat on the ground.
7. Check for broken spokes.
8. Make sure the handle bars are tight.
9. Make sure the chain is tight and oiled.
10. Make sure the headlight works.
11. Make sure the brakes work.
12. Check that the seat height is correct and adjust here.



RULES OF THE ROAD

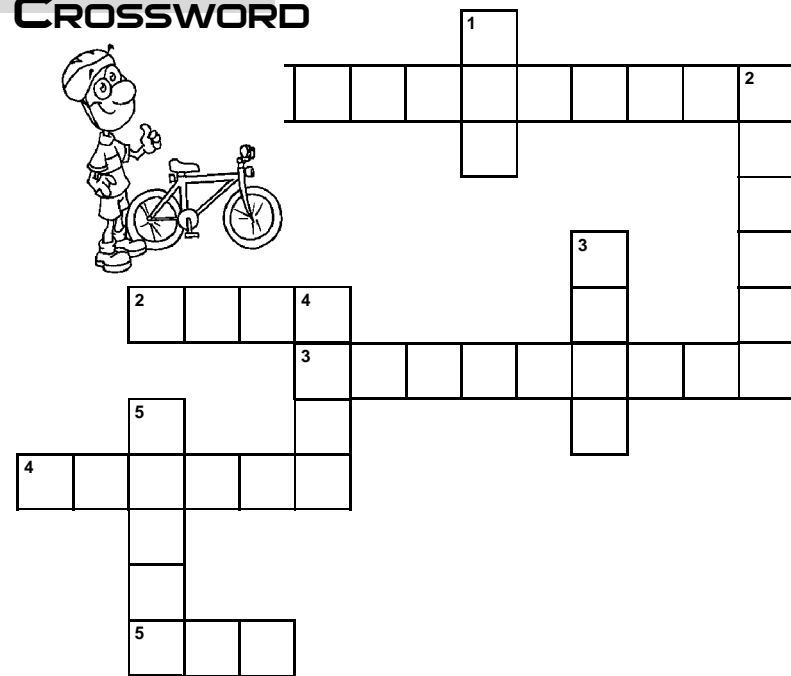
1. Obey all traffic lights and signs.
2. Be predictable - other drivers and pedestrians must know what you will do next. Always use the correct signals for turning left and right and stopping. Always shoulder check by looking over your left shoulder.
3. Before riding out onto the street, always check for traffic.
4. Ride on the right-hand side of the road so that the traffic is on your left. Never ride against the traffic.
5. Do your riding in the daytime if possible. If you must ride at night, wear light coloured clothing and use reflective tape on both your clothes and bike. For night riding, your bike must have a working headlight and a red rear reflector.
6. Ride single file and never carry a passenger on your bike.
7. Yield to all pedestrians and have a bell on your bike to alert pedestrians that you are there.

USE CAUTION AROUND:

- Rocks
- Leaves
- Glass
- Train tracks
- Sewer grates
- Slippery pavement
- Loose gravel
- Potholes or loose pavement
- Puddles (may hide potholes)



CROSSWORD



ACROSS

1. You steer your bike with these.
2. Use a horn or _____ to warn pedestrians you are coming.
3. Wear your helmet _____ you ride your bike.
4. Wear _____ clothes when riding your bike at night.
5. A helmet should be worn _____ finger widths above your eyebrow.

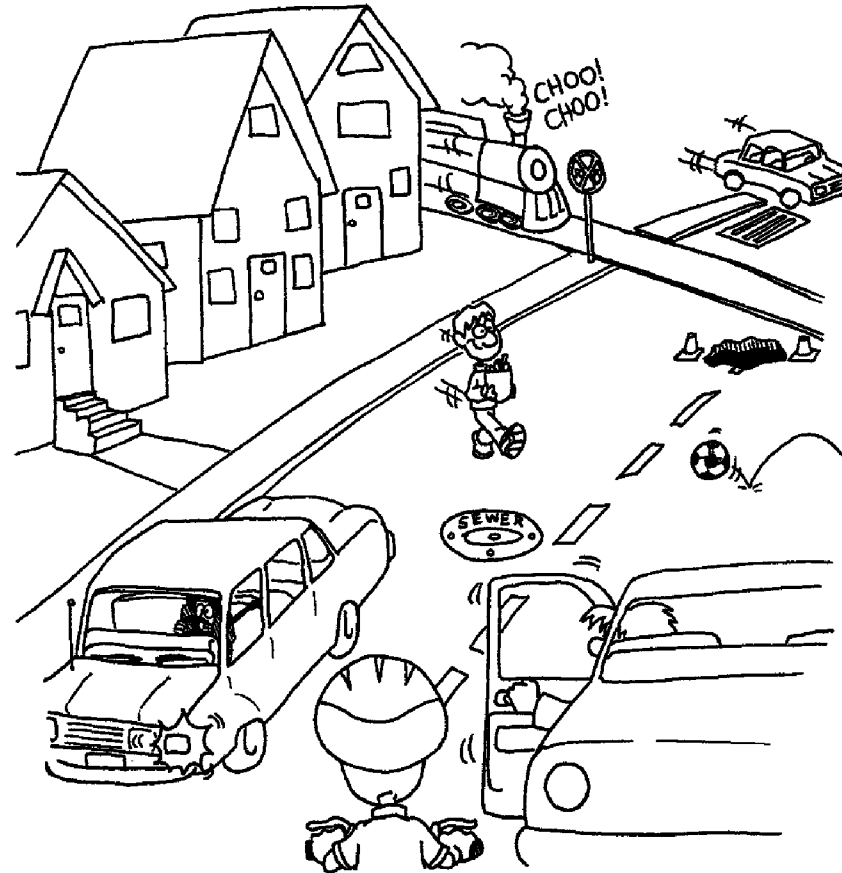
DOWN

1. Obey ____ traffic lights and signs.
2. Ride in _____ file when riding in a group.
3. Look _____ ways before leaving an intersection.
4. Look over your _____ shoulder to do a shoulder check.
5. Ride on the _____-hand side of the road.



WATCH OUT CYCLING SAM!

Circle the obstacles Cycling Sam will need to watch out for as he rides up the street.



SASKATCHEWAN COALITION
ON BICYCLE SAFETY

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