



Are you ready to ride?

Safe cycling checklist

Parents!

Check to see if your child's bike is safe:

- Tires are inflated properly.
- Seat is secure and adjusted properly.
- Brakes are working properly.
- Must have a bell or horn.
- Chain is oiled and tight.
- Front, rear and pedal reflectors.

Do we have a fit?

- Make sure your child can touch the ground while seated.
- The handle bars should be within reach and easy to turn.
- Check with your local bike shop if you are unsure.



saferoads.com



Hey, it's Doolie and Pedals!



Follow these rules and you'll be ready to ride!

Be a safe rider.

- Obey all signs and signals.
- Walk your bike across the street.
- Cross the street at the corner.
- Never ride after dark or in bad weather.
- Stop and look left, right and left again before entering traffic (roadways, driveways, sidewalks, alleys or parking lots).
- Stay on the right-hand side of the road and ride in the same direction as traffic.
- Always ride single file.
- Never "double" your friends or hang on to moving vehicles.
- Wear bright clothing and reflective gear to help cars see you.
- Make sure your bike is the right size and is in good condition.

To find out if bicycle training is available in your area or for more information, call Alberta Transportation Traffic Safety Initiative at (780) 422-8839 (outside Edmonton call 310-0000 toll free), or visit saferoads.com

Hands up if you know these signals!

Turn left
Left arm straight out.



Turn right
Left arm out and hand up, like you're saying "hi."



Learn them, use them!
Remember the rule! No helmet, no bike!

Stop
Left arm out, hand down at your side.

