

BIKE RODEO



HOWDY PARTNER

Did you know that wearing a helmet is the most effective safety measure you can take to prevent head injury from a bicycle crash? Make sure you have the right size helmet and wear it every time you ride, rollerskate or skateboard. Your helmet should meet the U.S. Consumer Product Safety Commission's (CPSC) standards. When properly worn, a helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. Remember these three steps – EYES-EARS-MOUTH – to make sure your helmet fits and is being worn correctly every time.

EYES: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above your eyebrows.



EARS: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



SADDLE UP

When sitting on the seat of a bicycle, both of your feet should be able to touch the ground. As you gain more experience riding, the seat can be raised so that you can just touch the toes of both feet or only one foot to the ground. Before you ride, make sure your reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.



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HAPPY TRAILS

Cycling is fun, healthy, and a great way to explore. But it is important to remember that a bicycle is not a toy; it's a vehicle!*

ROUND UP SOME BICYCLE SAFETY TIPS:



If you have permission to operate a bicycle unsupervised, make sure a parent knows where you're going and who you're going with before you strap on your helmet and set off on a ride.



Ride on the right side of the road, with traffic, not against it. Stay as far to the right as is safe and practical. Use appropriate hand signals, respect traffic signals, and stop at all stop signs and stoplights. Ride in a straight line, not in and out of the path of cars. It may be safer for children under 10 years of age to ride on the sidewalk.



Slow down when approaching intersections and crosswalks. Don't assume vehicles will stop. Make eye contact with drivers and keep an eye out for pedestrians. If a driver is on a cell phone, he or she may be too distracted to drive safely.



Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.



When riding at dusk, dawn or in the evening, wear bright colors, turn on front and rear lights, and make sure your bike has reflectors. It's also smart to wear accessories that have reflective materials to improve your visibility to motorists. Remember, just because you can see a driver doesn't mean the driver can see you.



Stay alert at all times. Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, gravel, or anything that could impact your wheels and make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear headphones or earbuds when riding.

**Florida Statute 316.2065 - Bicycle Regulations*



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