

# Bike Safety Tips



## Safe Riding Adventures

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Now that your little one has learned to ride a bike, it's important that you and your child are aware of some key safety tips to ensure they enjoy the ride while also keeping them secure.

### Easy Bike Access

Make the bike easily accessible in the garage or wherever it is stored and do everything you can to empower them to get out on their bike. And while you gently encourage them, let them be the one who decides when to ride their bike. One of the awesome benefits of woom bikes is that they are very lightweight, stylish, and fun to ride, which makes it that much easier for a child to love riding!

### Helmets

- Set an example by wearing your helmet.
- Have your child wear their helmet every time they ride.
- Encourage other parents to serve as role models for their children by wearing one too.
- Make sure the helmet is the correct size and that it is adjusted correctly.
  - Measure the circumference of your child's head. Helmets fit a range of head sizes, and this step will help you find the right size.
  - Follow the manufacturer's instructions closely to ensure proper fit and adjustment..
  - Use the eyes, ears, mouth, and shake method to test for proper fit and adjustment.
    - With the helmet level on their head, the child should be able to see the front of the helmet by looking up.
    - Adjust the chin strap so that when your child opens their mouth, the helmet is pulled down on top of their head.
    - Adjust the dial on the rear of the helmet to tighten the helmet on their head.
    - Have your child shake their head around. The helmet should not move around when doing so.

### Practice the Power Pedal Position (PPP)

- Have the student straddle the bike.
- Use the right foot to rotate the right pedal into position.
- Align the right crank arm parallel to the downtube of the bike, or at about the 2 o'clock position.
- Instruct the child to place the right foot on the pedal.
- Push down hard on the pedal, while simultaneously using the left foot to push on the ground.
- When practicing, it is helpful to hold the student with one or two hands on their back and give them a slight push while holding them steady the first few times.
- Remind them to look straight ahead to where they want to go instead of at their feet or front wheel.

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## Tips for Younger New Riders

Younger children have not yet developed the cognitive ability to comprehend complex traffic situations, and are safer when riding in areas with little or no car traffic, such as neighborhood parks or uncrowded bike trails. Parks are a great location for children to build their bike handling skills. Find natural obstacles in the park and have them follow your bike with their bike. They will learn and gain skills quickly by facing real-world riding situations away from traffic. Teach your children the rules of the trail including:

- Warn pedestrians of your approach (a bell works great for that!)
- Pass pedestrians on their left side.
- Ride on the right side of the sidewalk or path (unless passing).

## Tips for Older New Riders

As your child grows and gains competence on the bike, one of the most fun things a parent can do is to ride with their child. This is even more important when your child is first taking to the streets.

## Riding With Your Child

Teach your child how to ride safely by modeling safe behavior on the bike. Choose routes that are “bike-friendly” (quiet neighborhood streets, streets with bike lanes separated from traffic, bike paths, etc.) When riding on the road, bikes are considered vehicles and are required to follow traffic laws and rules of the road, so make sure you and your child understand their responsibilities as an operator of a vehicle.

## Tips for Neighborhood Riding

- Choose bike-friendly routes on bike trails, bike lanes separated from traffic, and quiet neighborhood streets.
- Ride on the right side of the road in the same direction as traffic.
- Obey stop signs and traffic signals.
- Ride in a straight line without swerving.
- Signal turns. Left turn: point to the left with your left arm extended. Right turn: point to the right with your right arm extended. Slowing or stopping: left arm extended downward.
- Look ahead and scan left and right.
- When you prepare to ride into a crossing trail or street, look left, then right then left again.
- Before you turn or swerve, look behind you...practice before you ride.
- Listen for people and cars behind you. Do not use headphones while riding.
- Use a white front and rear red light if you ride at night.

## Learning to ride a bike safely is a skill your child will carry with them the rest of their life!

Many cities offer after-school bike clubs, camps, and bike buses to ride to school. To find out about bike clubs and camps in your area, contact us, and we'll be happy to see if we have any partners in your area. For a list of certified Cycling Instructors, search the League of American Bicyclists for Instructors in your area. <https://bikeleague.org/map/>