

What Every Child

Should Know About Biking in Royal Oak



Why Cycle?

It's is Fun, Healthy & Good for the Environment!



Get Outdoors & Cycle

To help lead the nation toward active living, the Center for Disease Control and Prevention recommends bicycling for transportation and recreation.

Wear a Helmet When You Ride

- Choose a helmet that is bright in color and fits snugly
- Helmets shouldn't wobble or fall off when you shake your head
- Always buckle helmet straps
- If your helmet is damaged or is more than five years old, consider getting a new one

Your helmet should sit flat on your head — make sure it is level and is not tilted back or forward. The front of the helmet should sit low — about two finger widths above your eyebrows to protect your forehead. The straps on each side of your head should form a "Y" over your ears, with one part of the strap in front of your ear, and one behind — just below your earlobes. If the helmet leans forward, adjust the rear straps. If it tilts backward, tighten the front straps. Buckle the chinstrap securely at your throat so that the helmet feels snug on your head and does not move up and down or from side to side.

Source: Center for Disease Control and Prevention



“Bicycle riding is fun, healthy, and a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle!

Be cool – follow some basic safety tips when you ride. “

- US Department of Transportation

Safe Riding Tips

Before riding your bike, make sure it is ready to ride. You should always look it over to make sure all parts are working and remember to:

Protect your brain by wearing a bike helmet that fits.

Adjust your bike to fit. Stand over your bicycle. There should be 1 to 2 inches between you and the top bar if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

Check your brakes and tires before riding.

Wear bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

Always ride with both hands on the handlebars. Carry books and other items in a bicycle carrier or backpack.

Watch out! Broken glass, gravel, puddles, leaves, and dogs can all cause a crash. If you are riding with friends and you are in the lead, yell out and point at the danger to riders behind you.

Try not to ride at night. It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle in addition to reflectors on your tires, so others can see you.

Many bicycle-related crashes are associated with the biker's behavior, including things such as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. **Be safe! Wear a helmet AND follow the rules of the road.**

Source: US Department of Transportation

Sidewalk versus Street Riding

The US Department of Transportation says children less than 10 years old are better off riding on the sidewalk.

Children riding on the sidewalk should remember to:

- Watch for vehicles coming out of or turning into driveways.
- Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
- Enter a street at a corner and not between parked cars. Alert anyone walking on the sidewalk that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn.

Source: US Department of Transportation



For more information, please visit romi.gov/rideon or call 248-246-3201.