BICYCLE SAFETY
GRADES 3-8
6 KEY RULES!

- Wear a helmet
- Ride WITH traffic
- Obey all traffic signs/signals
- Use hand signals
- Ride in a straight line
- Be visible
1. WEAR A HELMET
2. RIDE WITH TRAFFIC
3. OBEY ALL TRAFFIC SIGNS AND SIGNALS
4. USE HAND SIGNALS

LEFT

STOP

RIGHT

STOP

STOP
5. RIDE IN A STRAIGHT LINE
6. BE VISIBLE
POP QUIZ: The Helmet Law

Up to what age are students required to wear bicycle helmets in NJ?

A) 10
B) 14
C) 17

C) New Jersey law requires all children under the age of 17 to wear a properly fitted and fastened bicycle helmet while bicycling, roller skating, in-line skating or skateboarding.

The statute also requires that children wear helmets when riding in restraining seats or in trailers towed by a bike.
HELMET FIT

A

B

C
WHAT IS THE “DOOR ZONE”?
WALK YOUR BIKE
ABC QUICK CHECK

AIR
A B C QUICK CHECK

BRAKES
ABC QUICK CHECK
CRANKS/CHAIN
ABC QUICK CHECK

QUICK RELEASE
ABC QUICK CHECK
LOCK UP
THANK YOU!

When we all practice safe biking, it is easy to be safe, get exercise, and have FUN!