

BICYCLE SAFETY

GRADES 3-8

6 KEY RULES!



Wear a
helmet

Ride WITH
traffic

Obey all
traffic
signals/
signals

Use hand
signals

Ride in a
straight
line

Be visible

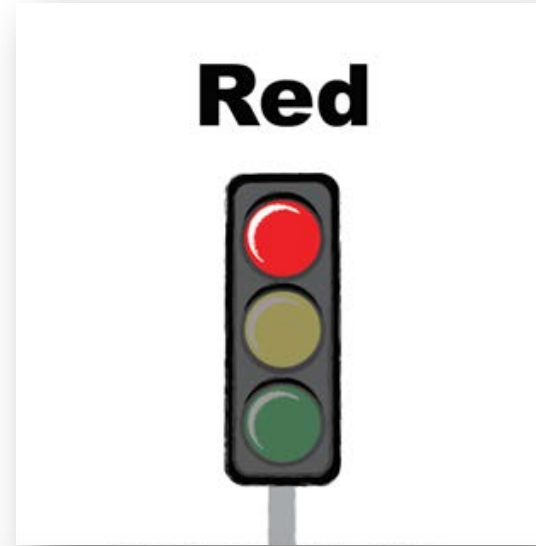
1. WEAR A HELMET



2. RIDE WITH TRAFFIC



3. OBEY ALL TRAFFIC SIGNS AND SIGNALS

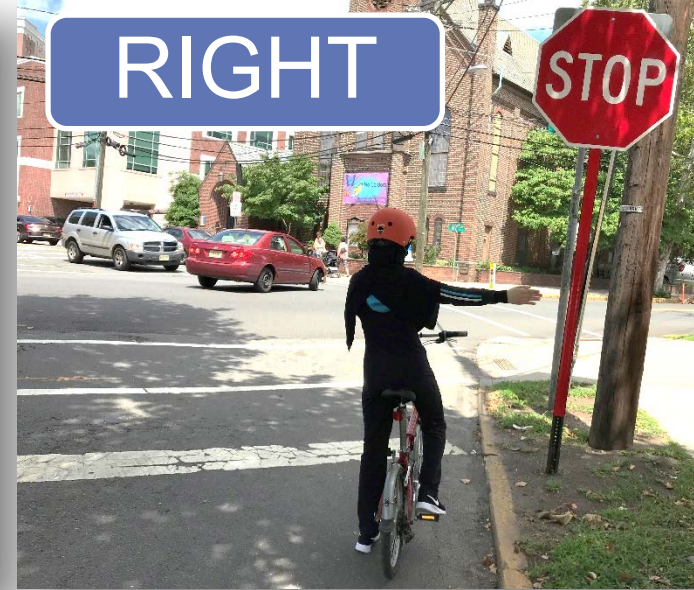


4. USE HAND SIGNALS

LEFT



RIGHT



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



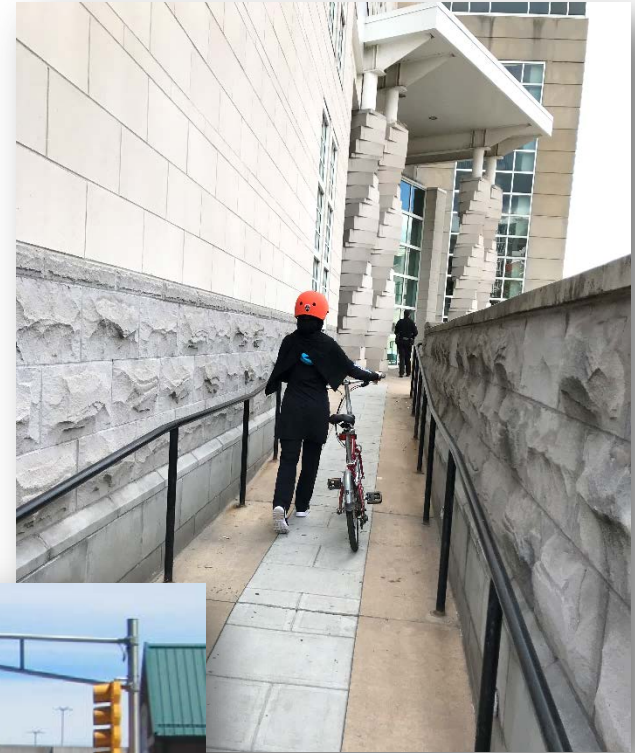
C



WHAT IS THE “DOOR ZONE”?



WALK YOUR BIKE



ABC QUICK CHECK

AIR



ABC QUICK CHECK

BRAKES



ABC QUICK CHECK

CRANKS/CHAIN



ABC QUICK CHECK

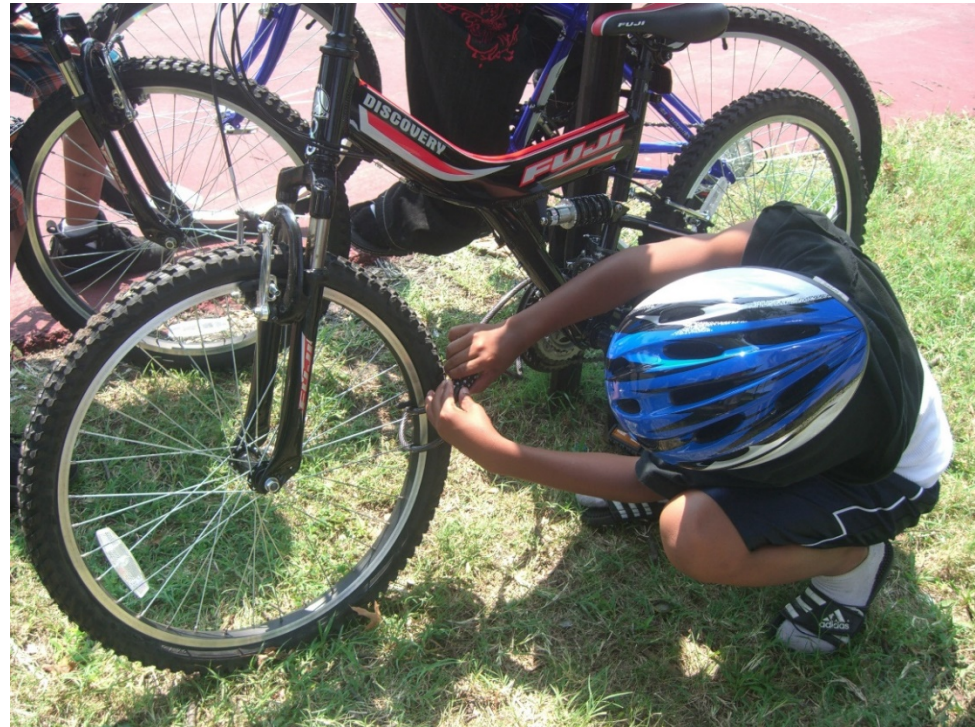
QUICK RELEASE



ABC QUICK CHECK



LOCK UP



THANK YOU!



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