



Sacramento Police Department COPS & CLERGY



Bicycle Safety

For Elementary Students



BIKE RIDING

- *Bicycling can be fun and healthy.*
- *Bicycling provides exercise and a chance to catch some fresh air.*
- *It can also provide a great learning opportunity to see the world from a different perspective.*



REMEMBER TO WEAR YOUR HELMETS!!!

- The law requires that anyone under the age of 18 MUST wear a helmet, although it is highly recommended for bicyclist of all ages.
- Helmet use is the single most effective way to prevent a head injury in the case of an accident.



WEAR A PROPERLY FITTED HELMET

- Ensure that your helmet fits snugly and that it does not rock from side to side or front to back.
- The helmet should sit level on your head and low to your forehead (one or two finger widths above your eyebrows).
- Make sure the chin strap is centered.
- Adjust your side straps to form a “V” shape under and centered around your ears.

CORRECT



INCORRECT



CHECK YOUR EQUIPMENT

- Before you start riding, check the following:
 - Make sure your tires are inflated properly
 - Make sure that your brakes work
 - Make sure that nothing feels loose or wobbly



RIDE SAFELY

- Control your bicycle by always riding with at least one hand on the handlebars at all times.
- Carry books or other items in a backpack or bicycle carrier if you have one to ensure that your hands are free as you ride.
- Do not ride reckless by performing tricks (i.e. wheelies, superman, etc.)



RIDING SAFELY CONTINUED

- Do not wear earphones or headphones while riding a bicycle. As doing so may reduce your ability to hear warnings, such as car horns or trains approaching.
- Keeping your ears open and staying alert may protect you from avoidable accidents.



THANK YOU TO OUR PARTNERS

UNION PACIFIC RAILROAD for partnering with us and providing a grant to purchase bicycles, helmets, and safety literature last year. www.up.com

OTS (California Office of Traffic Safety) for safety literature. www.ots.ca.gov

SABA (Sacramento Area Bicycle Advocates) for additional literature on bicycle safety, bike maps, and overall information. www.sacbike.org

RIDING SAFELY CONTINUED

- Watch out for and avoid road hazards such as:

- Potholes
- Broken glass
- Gravel
- Puddles



- If you are riding with friends, point out the hazards to them so they can also avoid them



RIDING AFTER DARK

- California law requires that all bicycles must have the following at night:
 - A white light in front
 - A red reflector or flashing red light on the rear (usually right below the seat)
 - White or yellow reflectors on the pedals of the bike
 - Reflectors
- Try to avoid riding at night as it is far more dangerous than riding in the day.



VISIBILITY SAVES LIVES

- Especially at night, but even in the daytime, it is a good idea to wear bright colors to make sure that you are seen.
- Neon, fluorescent, or clothing with reflective markings can better help you be seen.
- Remember, just because you can see a driver, does not mean the driver can see you. So be careful.



PRACTICE RIDING DEFENSIVELY

- Pay attention when you approach driveways, side streets and parking lots as cars may be entering or exiting
- Try to make eye contact with motorists when possible
- Do not assume that vehicles will stop for you, even if you have the right of way

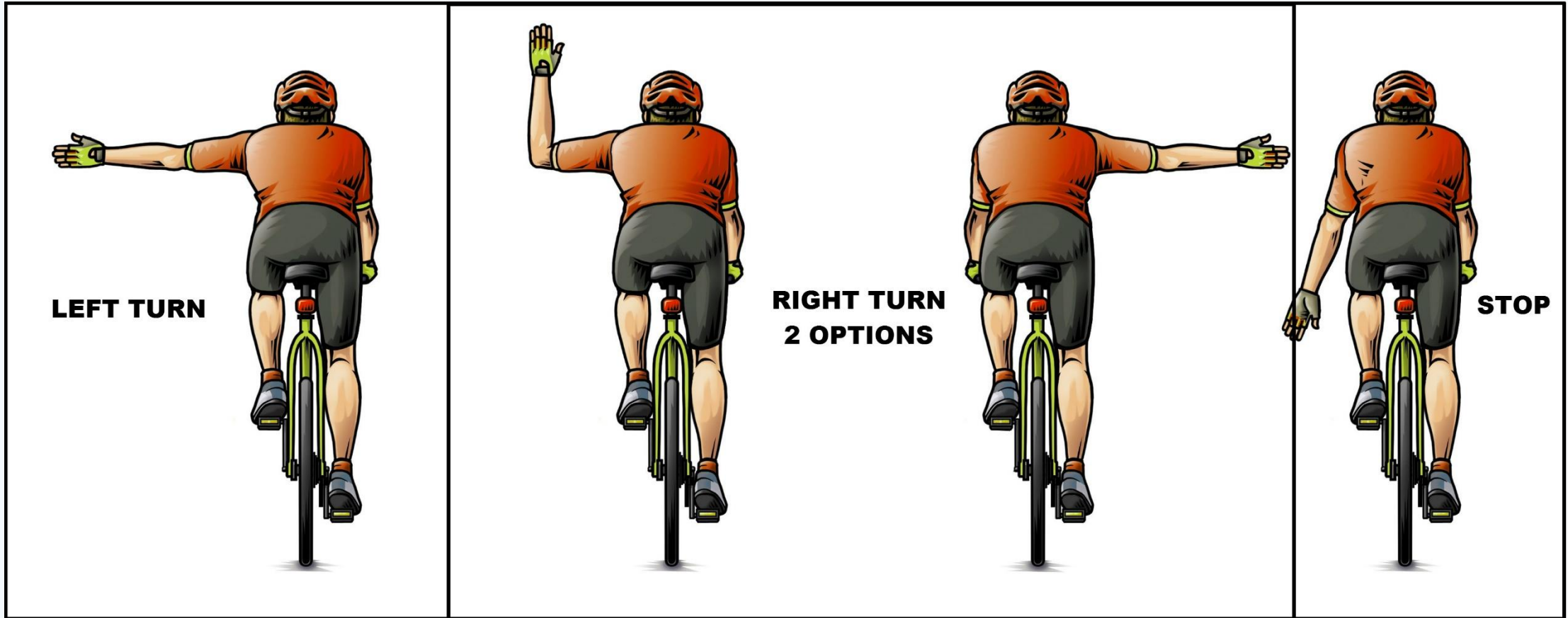
RIDE APPROPRIATELY

- Bicyclist must follow the same rules as other motorist (Cars/Motorcycles).
- Bicyclist must travel in the same direction as traffic and not against it. Stay on the right side of roadways.
- The California Highway Patrol reports that riding on the wrong side of the road is one of the leading causes of bicycle collisions in the state.

RIDE APPROPRIATELY CONTINUED

- Ride in a predictable manner.
- Bicyclist must ride in a bike lane when available.
- If you are riding in a group, make sure to ride in a single file line so you don't take up roadway intended for vehicles.

ARM SIGNALS FOR RIDING



BICYCLES AND SIDEWALKS

- The City Code allows bicycle riding on sidewalks, but bicyclist must yield to pedestrians and slow down, stop, or dismount as needed.
- If you are crossing the crosswalk make sure to get off the bicycle and walk it across.

REGISTER YOUR BICYCLES

- Make sure to register your bicycles on our website at [**rideon.sacpd.org**](https://rideon.sacpd.org)
- It is quick and easy and ensures that your bicycle's serial number is in our system in the event that it is stolen.
- A registered bicycle greatly increases the likelihood that it will be returned to its owner.

Have Fun and Ride Safe

ANY QUESTIONS?

If you have more questions you think of later. Please email us at:

outreach@pd.cityofsacramento.org

Or contact us:

Outreach & Engagement 916-808-0866