QUICK TIPS FOR BIKE SAFETY

ABC QUICK CHECK: HOW TO MAINTAIN A SAFE BICYCLE

A is for Air - Check the air pressure in both tires and add air, if needed. Each tire should feel firm.

B is for Brakes - Check to make sure that the brakes will stop the bicycle.
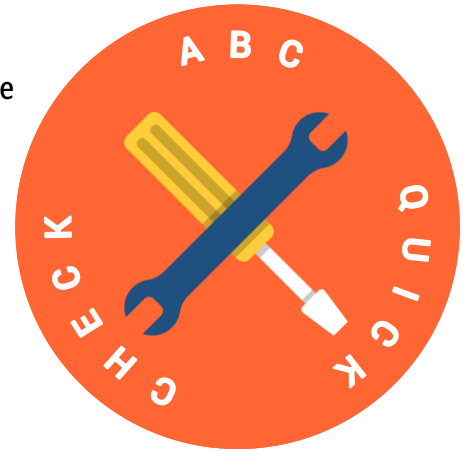
- For coaster brakes, spin the back wheel and apply the brake.
- For hand brakes, squeeze the levers to make sure that they do not touch the handlebars. Then lift one tire of the ground, spin it, and squeeze the lever to apply the brake.

C is for Cranks, Chain and Cassette

- Crank arms should be secure. If you try to wiggle them side to side, they should not move.
- Spin the pedals and cranks to verify that the chain drives the rear wheel. The chain should not have and rust or built-up debris.
- If the bike has gears, check to make sure that the gear levers and derailleurs work to shift the chain between gears.

Q is for Quick Release - Some bicycles have quick releases on the wheels and seat post. Quick releases should be tight, closed properly, and facing in the correct direction.

Check is for the Overall Check - Make sure that the seat and handlebars are tight and at the proper height. Have your child ride the bike in a safe environment, away from traffic. Check that everything is working well and that your child is comfortable on the bicycle.

2-2-2 HELMET RULE: MAKE SURE THE HELMET FITS

The helmet should sit level on the head, **2 finger widths** above the eyebrow. If you look up with your eyes, you will see the edge of the helmet.

The straps should be snug and form the shape of a "v" below the earlobe. When you make a "v" with **2 fingers**, they should be able to touch both straps, in front of and behind your ear.

The chinstrap should be snug. No more than **2 fingers** should fit between your chin and the strap.

2-2-2-2 SAFETY CHECK: SIMPLE REMINDERS FOR SAFE CYCLING

Your child(ren) should follow these simple rules every time they ride a bicycle:

- **2 wheels** on the ground
- **2 feet** on the pedals
- **2 hands** on the handlebars
- **2 fingers** on the brake levers