

# BICYCLE RIDER'S SAFETY CONTRACT

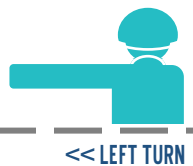


## TO KEEP MYSELF AND OTHERS SAFE ON THE ROAD, I PROMISE TO:

1. **Wear a helmet.** I will always wear a properly-fitted bicycle helmet to protect my head, every time I ride my bike. I will make sure that my chin strap is properly fastened.
2. **Ride the right bike, the right way.** I will make sure that my bicycle is the right size for me (not too big). I will only ride with one person per seat; I will not let anyone ride on my handlebars or wheel pegs.
3. **Wear the right clothes.** I will not wear clothing or shoes that are too loose or have dangling drawstrings or shoelaces; any of these things could get caught in my bicycle chain and make me fall.
4. **Wear bright clothes.** I will wear bright, colorful clothes to ride my bike so that I am more visible at all times of day.
5. **Have an adult inspect my bike.** I'll ask an adult to check that the air level in my tires is right and that my brakes are working.
6. **Stay alert and not distracted.** I will not listen to music or use a cell phone while riding my bike. I will pay attention with my ears and my eyes for cars, people, and other bicyclists around me.
7. **Stay off my bike after dark.** If I have to ride my bicycle at night for some reason, my bike must have reflectors and lights and I should wear retro-reflective materials.
8. **Be safe at intersections, or when I ride onto a road from a driveway, path, or alley.** Before I enter any street or intersection, I will check for traffic by looking left-right-left, to make sure no vehicles are there.
9. **Use my hands to keep myself safe.** I will learn and use hand signals to let other people know when I will turn or stop. When I'm not using hand signals, I will keep both of my hands on the handlebars.
10. **Learn and follow the rules of the road.**



## Hand Signals



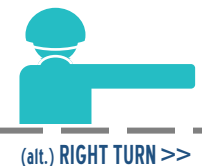
<< LEFT TURN



RIGHT TURN >>



>STOP<



(alt.) RIGHT TURN >>

## THE RULES OF THE ROAD:



- I should ride my bike on the road, not on the sidewalk. If I have to ride my bike on the sidewalk (because of construction or because I am told to by a sign or someone directing traffic), I must show respect for people walking on the sidewalk. I will ring my bell to let them know that I am coming and always pass them safely. I will be very careful at driveways and intersections, because drivers will not expect me to be riding my bicycle on the sidewalk.
- When I ride my bike on the road, I must ride on the right-hand side (going the same direction as the cars on my side of the street).
- I must obey all traffic laws, including all traffic signals and signs.
- I must ride predictably to keep myself safe. That means riding in a straight line, not weaving side-to-side.
- I must look out for obstacles that could cause me to fall off my bicycle, like potholes, litter, rocks, and toys.
- I must yield to pedestrians. That means that I will stop or slow down if people on foot need to cross my path or travel beside me.



## STUDENT:

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

## PARENT/ GUARDIAN:

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature

\_\_\_\_\_

Date