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KIDS ON BIKES

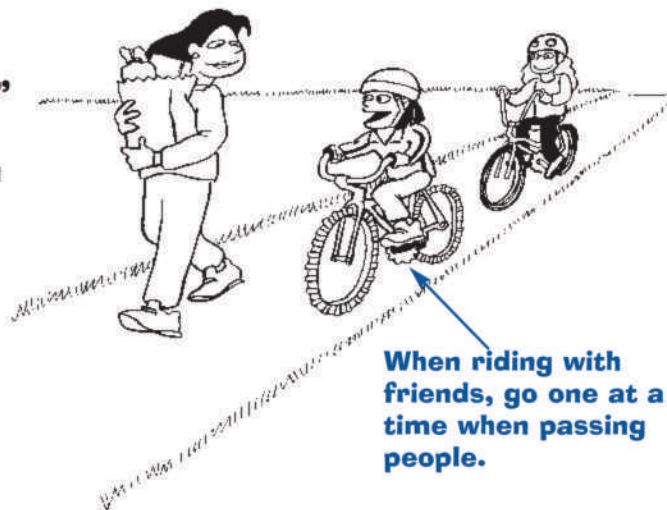


IN CHICAGO

RIDING ON SIDEWALKS

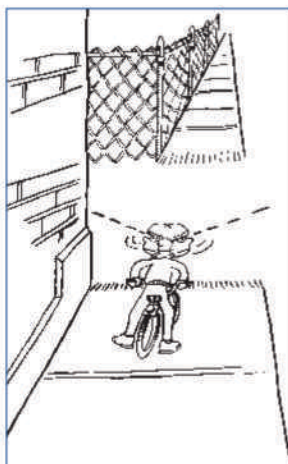
GIVE WALKERS A BREAK

Slow down and say "Excuse me!" or use a bell or horn when riding near people walking. Don't surprise them!

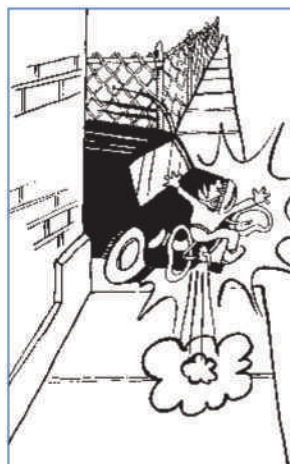


ALLEYS & DRIVEWAYS: LOOK OUT!

Always look **LEFT, RIGHT, LEFT** before an alley or driveway. If it's not easy to see, slow down or stop first.



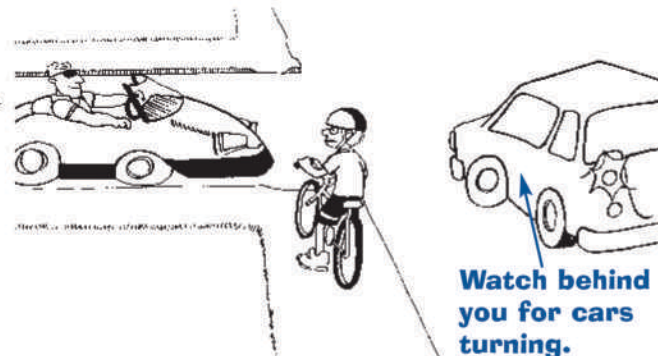
YES



NO

SIDEWALKS

AT CORNERS



Stop and look **LEFT, RIGHT, LEFT** for cars. If a car is stopped at the corner, make sure the driver sees you before you go.

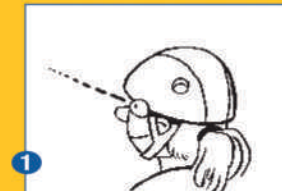
ENTERING A STREET



You shouldn't go into a street from the middle of a block. Drivers don't expect to see you there. Always walk to the corner and look **LEFT, RIGHT, LEFT** before entering the street.

LOOKING LEFT, RIGHT, LEFT

Whenever you look both ways to check for cars:



1 Look **LEFT**.



2 If no cars are coming, look **RIGHT**.

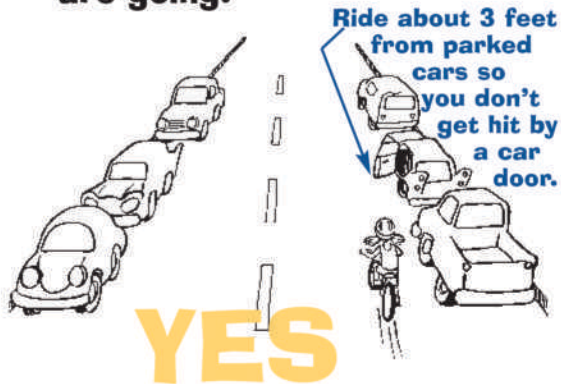


3 Look **LEFT** again. If no cars are coming, go. But if a car's coming, wait for it to pass. Then look **LEFT, RIGHT, LEFT** again.

WHERE TO RIDE

WHAT SIDE TO RIDE ON?

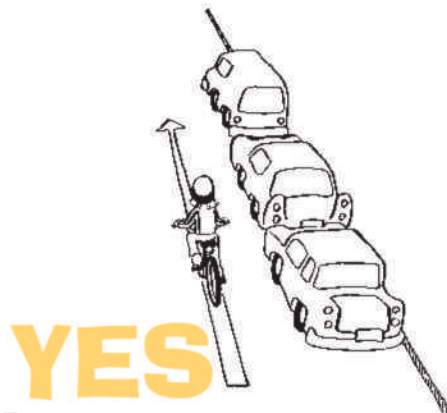
Always ride in the same direction as the cars are going.



Never ride against traffic. It's the easiest way to get hit!



RIDE IN A STRAIGHT LINE

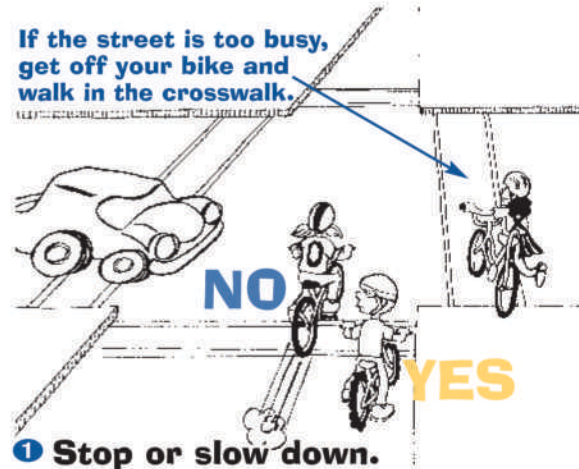


Ride in a straight line so drivers know where you're going. Then they'll stay out of your way!

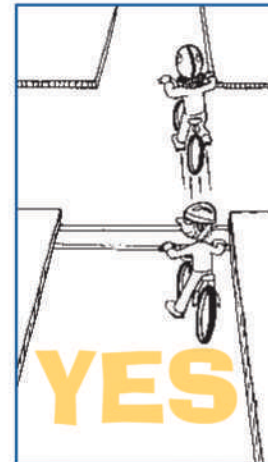
ON STREETS

COMING TO CORNERS

If the street is too busy, get off your bike and walk in the crosswalk.



- 1 Stop or slow down.
- 2 Look **LEFT, RIGHT, LEFT**.
- 3 Obey stop signs and traffic lights.
- 4 Wait until there are no cars coming.



If a friend bikes across a street before you, don't think it's safe for you to go too. Slow down or stop, and look **LEFT, RIGHT, LEFT**.

STOP SIGNS

WHAT DO THEY MEAN?



Stop. Look **LEFT, RIGHT, LEFT**. Go when there are no cars coming.

TRAFFIC LIGHTS

WHAT DO THEY MEAN?



Stop.



Get ready to stop.

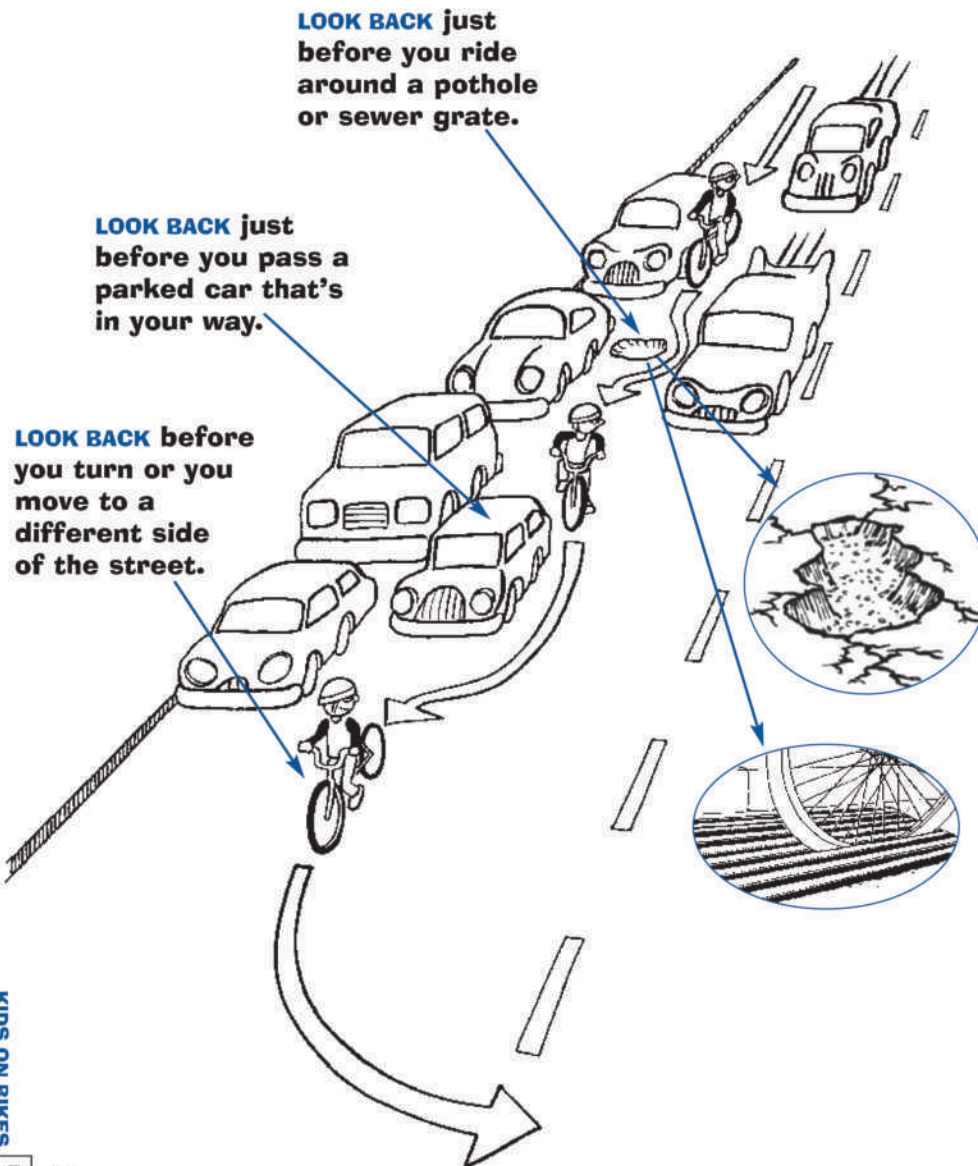


Go when it's safe.

HOW TO LOOK

WHY LOOK BACK?

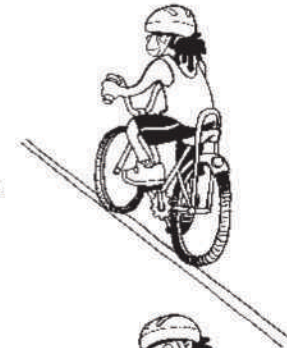
Sometimes you should look behind you when you ride your bike. These are the times when you should look back:



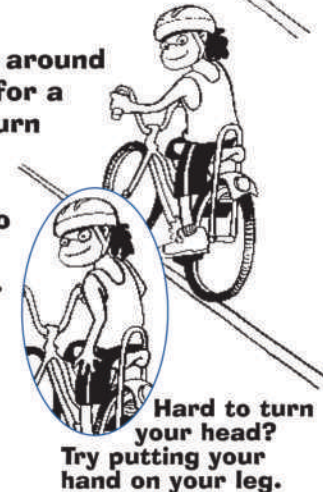
AROUND

LEARNING HOW TO LOOK BACK

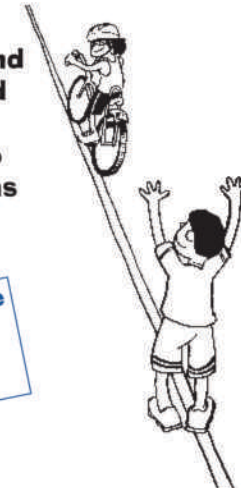
- 1 Ride along a straight line. (Find a white stripe in an empty parking lot or draw one with chalk.)



- 2 Turn your head around and look back for a second. Then turn your head forward. Practice until you can do it without wobbling your bike.



- 3 Ride forward with a friend standing behind you. They should hold up one or two arms. Look back and try to count how many arms they're holding up.

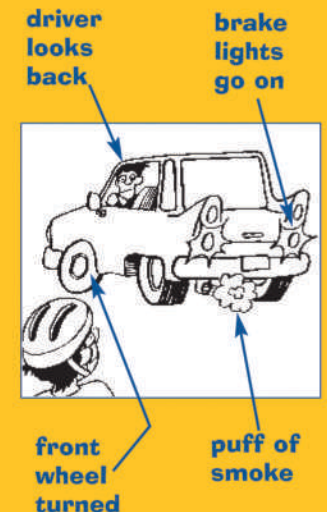


Learn to look over one shoulder first. Then practice looking over your other shoulder.

LOOK OUT FOR PARKED CARS!

Watch out when you pass parked cars in the street. They might start moving when you don't expect it.

How to tell if a parked car might start to move:



ON STREETS

MOVING OR TURNING LEFT LIKE A CAR

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it
- If you think a car's going to turn the corner, go onto the sidewalk. Wait for the car to pass.

-
- Check over your shoulder for cars behind
- If you want to turn when a car is coming toward you, wait for it to pass.
1. Approaching the intersection.
2. Stopping at the curb.
3. Looking left.
4. Turning left.
- CHICAGO

FOR PARENTS

& TEACHERS

IS IT READY TO RIDE?

Before you let your child use a bike, check these items. If you're not sure whether a bike fits or works right, take it to a bike shop.

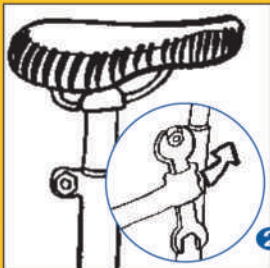
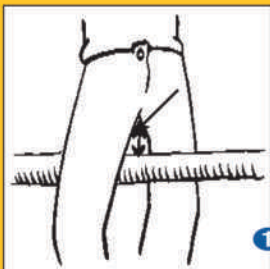
Frame Height: Check that your child's bike isn't too tall or too short. Have your child stand with the bike between his or her legs with feet flat on the ground, just in front of the seat. **1** For a horizontal top tube, there should be one to three inches between the tube and the child's crotch. If the tube is not horizontal, tie string to where the top tube meets the front of the bike. Hold it horizontally to make the measurement.

Seat Height: Ask your child if the seat feels too high or too low. If they are not sure, have your child sit on the bike with feet on the pedals. With one pedal in the six o'clock position, his or her knee should be only slightly bent. But if your child is used to a lower seat height, don't raise it too much at once. **How to change the height:** Loosen the seat post nut. **2** Twist the seat to move it. Don't raise it so high that there is less than two inches of the seat post inside the frame.

Coaster Brakes: If your child can pedal backward to apply the rear brake, the bike has coaster brakes. Check them by pushing the bike forward with one hand while using your other hand to pedal backward. **3** This should stop the bike.

Hand Brakes: Check each hand brake by pushing the bike forward with one hand while using your other hand to squeeze the brake lever. **4** You should be able to stop the bike without squeezing the lever all the way to the handlebar.

Handlebars: Hold the front wheel between your legs. **5** Using moderate pressure, try to turn the handlebars without moving the wheel. If you can turn the handlebars, tighten the stem bolt, using either an allen wrench or crescent wrench.



HELMETS

Why kids need helmets: Kids need helmets as much as adults do. No matter how careful they are, they can't control everything around them. Make sure kids wear their helmets snugly—and set an example by wearing yours!

Rating: Look on the inside of the helmet. It should have a compliance label **6** from the U.S. Consumer Product Safety Commission (CPSC); a green or blue Snell sticker, meaning the helmet passed the Snell Foundation's tests for safety; or an F1447 certification **7** from the American Society for Testing and Materials (ASTM).

Wear: Teach your child to wear his or her helmet **8** level, not tilted back. **9** A tilted helmet will not protect your child's skull in a frontal impact. Your child should be able to look up and see the front edge of the helmet.

Fit: The helmet must fit your child's head snugly so it stays in place if your child's head hits more than once. Tighten the straps so only two of the child's fingers fit snugly between the strap and their chin. **10** If you can move the helmet from side to side or front to back, add thicker inner pads, or try a different brand helmet.

Cost: You can get a good CPSC-rated bike helmet for under \$25. More costly helmets usually aren't safer, but might fit better, have more vents, weigh less, and look cool. (See back cover.)

Ventilation: A helmet's ventilation depends on front-to-back air flow. Good air flow comes from long, wide air vents, and air passages (or troughs) between the vents.

Look: Help your child decorate his or her helmet. This will encourage them to wear it. Use markers, stickers, or water-based paints. Bright colors help your child become more visible. Avoid anything that sticks out or makes the helmet's surface uneven; if your child's head slides in a fall, the helmet could catch on something and break their neck.

Complies with U.S. CPSC Safety Standard for bicycle helmets for persons age 5 and older



Dear Cyclist:

Your bike is a great way to go anywhere: around the block, to the park, or to school. Although bicycling is fun, some kids have been hurt and even killed on their bikes.

Riding your bike properly will reduce your chances of getting hurt. This booklet provides bicycle safety tips that can be used for your entire life.

Parents and teachers: we designed *Kids on Bikes in Chicago* for middle-school-age kids, especially those of ages 9 to 11. It is part of the City's bicycling program that we created in 1991 to make Chicago more bicycle-friendly. We hope you find our booklet helpful.

Sincerely,
Chicago's Safe Routes Ambassadors

BICYCLING RESOURCES

Publications

To order this booklet, bike maps, or *Safe Bicycling in Chicago* for adults and teens, contact:

Chicago Dept. of Transportation

30 N. LaSalle St., Ste. 500, Chicago 60602
312/742-BIKE www.chicagobikes.org

(This booklet and an abridged version of *Safe Bicycling in Chicago* are available on the Dept. of Transportation's Web site.)

Education

Active Transportation Alliance

9 W. Hubbard St., Ste. 402, Chicago 60654
312/427-3325 www.activetrans.org

Call to learn about kids' cycling classes and ways to improve conditions for cyclists.

Chicago's Bicycle Ambassadors

312/744-8147 www.bicyclingambassadors.org

Call for free bicycling and safety presentations for schools and community groups.

Chicago's Safe Routes Ambassadors

312/744-3019 www.saferoutesambassadors.org

Call for free pedestrian and bicycle safety presentations for schools and community groups.

Helmets

You can find children's helmets at most bike shops. To find the nearest one, see the Chicago bike shop directory at www.chicagobikeshops.info.

Police Bike Registration

Get a registration card from a police station or bike shop, or register on the Web: www.cityofchicago.org/city/webportal/jsp/forms/bikeRegistration/index.jsp.

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