

Top 10 safety tips

1. Always wear a helmet—it's the law.
2. Ride on the right, with traffic, and in single file.
3. Obey traffic signs, signals, and laws.
4. Look back for cars and signal before turning.
5. Always stop at the end of your driveway. Look left, right, then left again before entering the road.
6. Communicate with other cyclists, pedestrians, and drivers.
7. Watch for hazards, like car doors, potholes, and pets.
8. Ride in a predictable manner.
9. Riding at night is not recommended. If you have to ride at night, lights are required.
10. Wear proper attire—bright colors, reflective tape, shoelaces tucked in, pant legs secured.

What parents can do

- Explain the Top 10 safety tips to your kids.
- Practice traffic signs and rules.
- Practice looking back for cars and signaling.
- Practice pulling out of your driveway safely.
- Make sure bikes & helmets are safe and fit properly.
- Make sure kids are dressed to ride.

Final Tip: Parents, go for a ride with your kids. You'll be healthier too.

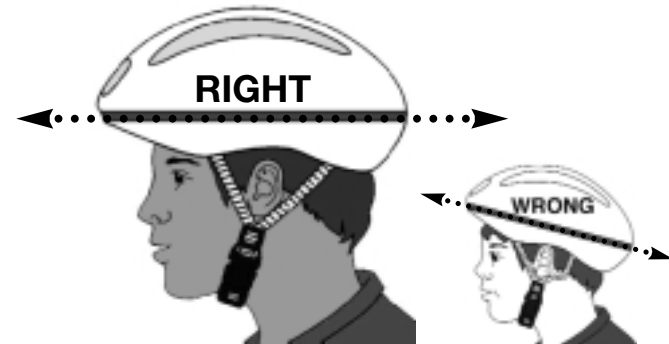
For more tips and information on cycling go online to MyGroupHealth at www.ghc.org.

Bicycle safety basics

for kids & parents



Protect your head! Make sure your helmet fits*.



Eyes, Ears, Mouth. First, put on your helmet so it is level and snug. If it slides around, insert thicker pads and adjust chin strap and buckles under the ears.

Eyes. You should see the edge of your helmet when you look up past your eyebrows.

Ears. The straps form a “Y” under your ear lobes.

Mouth. The chin strap should be snug enough so that when you yawn the helmet pulls down on the top of your head.

Your local bike shop or the Cascade Bicycle Club can always help with proper fit questions.

**“Adults and children should wear bicycle helmets when cycling, even for short distances,” says Robert Piston, MD, a pediatrician at Group Health’s Lidgerwood Medical Center in Spokane. “A helmet that doesn’t fit, or isn’t worn properly, doesn’t protect the head.”*

BUYING A HELMET. Make sure helmets have CPSC (U.S. Consumer Product Safety Commission) or Snell certification.

Select a brand and size that fits well before adjusting. Use sizing pads to get a better fit.

Buy a helmet that fits now and not one to grow into. If it doesn’t fit, don’t buy it.

Replace any helmet that has been involved in a crash.

OBEDIENT TRAFFIC SIGNS...



Stop sign

Come to a complete stop.



Yield sign

Slow down and watch for traffic.



Railroad Crossing

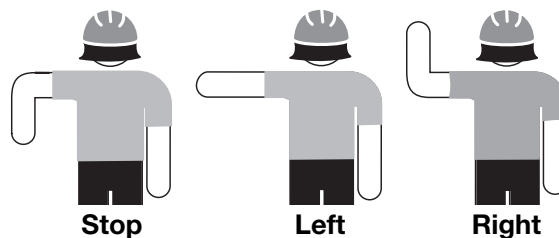
Slow down, look and listen.
Stop for trains.



Traffic signal

Green = Go
Yellow = Stop
Red = Stop

PRACTICE YOUR HAND SIGNALS...



“ABC Quick Check” your bike for safety

A=Air. Pinch the tires; they should be firm.

B=Brakes. Make sure brakes work and aren’t rubbing the tires.

C=Crank/chain. Make sure the bike pedals smoothly and the chain is tight.

Quick=Quick releases. Quick-release levers and other bolts should be tight.

If there are problems with your brakes, gears, or the chain is loose, take it to a bike shop.

Nutrition tips for cyclists

Start With a Balanced Diet. This is important for everyone—especially for cyclists and other active people.

Make sure you eat a variety of foods, especially fruits and vegetables. Most people don’t need vitamin or mineral supplements if they have a balanced diet.

Here are some foods that might work well for riding: ■ Bananas ■ Fig cookies ■ Energy or snack bars ■ Sports drinks ■ Peanut butter sandwiches

P.S. DON’T FORGET THE H₂O.

Here are some hydration tips from Group Health physicians & nutritionists to help you ride strong.

- During the ride, try to take a drink of water every 15 minutes.
- Drink before you become thirsty. Drinking only when you are thirsty is not enough.
- Try to drink water that is cooler than the outside temperature.