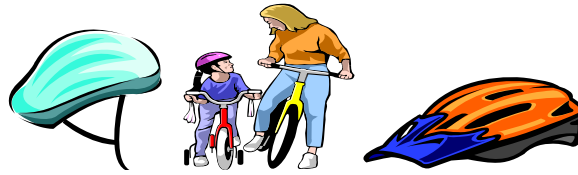




BICYCLE SAFETY



Every year, Sarasota County Fire Department responds to hundreds of car/bicycle incidents. When a bicycle and a motor vehicle collide, the bicyclist almost always gets hurt. Most bicycle injury deaths involve children. It is important to know some simple "rules of the road" so you can be safe while still having fun.

ROAD SAFETY

- Children under 8 years of age should **always be supervised** and not allowed to ride on the street. They should **ALWAYS** ride on the sidewalk.
- Until riding skills are developed, both feet should be flat on the ground while sitting on the bicycle seat.
- **Always** walk a bicycle in the crosswalk when it is safe to cross.
- **Stop** before entering the road or a driveway, look left, look right, and left again for moving cars. Look to the front and to the rear before entering the intersection.
- **Always** ride with the flow of traffic on the far right side of the street.
- Know and obey all traffic signs and signals.
- Bicycles with one seat and one handlebar are made for one rider. **DO NOT** ride on handlebars.

OFF ROAD SAFETY

- Be aware of rocks, sticks, broken glass, and other hazards when riding on unpaved surfaces.
- **Always ride with a friend and tell someone where you will be riding and when you will return.**

HELMETS

- When purchasing a new helmet be sure that it has two sets of sizing pads, a thin set and a thick set.
- While wearing the helmet without the straps secured, shake your head from side to side. The helmet should be snug with very little movement. If there is too much movement, replace the sponge pads inside with thicker pads. If there is still too much movement, the helmet is too big.
- Front and back straps should meet in a V shape just below the ear.
- All straps should be equally tight when the chinstrap is buckled.
- Chinstrap must be snug, allowing only one finger between the chin and the chinstrap when the mouth is closed.
- Front of the helmet should always cover the forehead just above the eyebrow and not interfere with vision.
- If the helmet is not sized correctly with the sizing pads, a tight chinstrap will not prevent it from moving to an incorrect position while riding.
- Have the child pick out his/her own helmet.
- Adults wear your helmets – you are an example to the children around you.