

HEY KIDS!

So you want to be a real bike rider? Well, it's easy and fun to bike to a friend's house, or to the store, or to school -- if you know what to do and how to do it.

That's what this guide is about. This guide tells you how to ride on the streets, in a bike lane, on a bike path or on the sidewalk (whatever is allowed).

So, do your checklist, get on that bike and be cool! If you have question about any of this, ask your local police department, or call Safe Moves at 408.374.8991.

Basic Rules You Should Know!

- Protect your head. Always wear a bicycle helmet.
- Ride on the right side of the street with the flow of traffic.
- Always ride in a straight line.
- Wear bright-colored clothes that make you more visible.
- Stop and look all ways before crossing the street from the sidewalk.
- If you must ride your bike at night, be sure your headlight and reflectors are clean and can be seen.
- Ride on the sidewalk if you are 9 years old.
- Stay alert! Watch out for potholes, dogs, water, rocks and people!
- Know the rules of the road. Obey all traffic regulations.
- It's against the law to wear headphones or ear plugs in both ears.

- Use proper hand signals.
- Select a safe route to your destination and use it.
- One seat = one rider.
- Walk your bicycle across busy intersections.
- Watch out for pedestrians.
- Stop at all stop signs, yellow and red lights, and flashing railroad signals.
- Avoid busy streets and intersections
- Look both ways before crossing alleyways and driveways.
- Always be aware of the traffic around you.
- Do not swerve in and out of parking or moving cars.
- Stop at the end of driveways and look both ways before entering the sidewalk or the street.

Let's Talk Helmets!

Certification

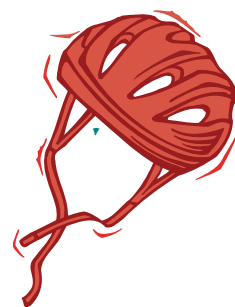
Helmets must be certified by ANSI (American National Standards Institute), ASTM (American Society for Testing and Materials), or SNELL Certification stickers are inside the helmet.

Size and Fit

The helmet should fit snugly on your head. Measure around your head about one inch above your eyebrows. You should not be able to move the helmet more than one half inch in any direction. Use the pads to make your helmet fit snugly. Move the buckles so they are under your ears. Have your parents check for proper fit.

Straps

Place side straps around your ears with the plastic adjustment buckle positioned at the bottom of your ear. The chin strap should be placed under your chin, tight enough to get only two fingers between your chin and the strap.



If you crash while wearing your helmet, you must replace it! Do not wear an old or secondhand helmet.

The California Vehicle Code 21212 requires bike riders under the age of 18 to wear a helmet while riding a bike.

For more information, please contact:
City of Pleasanton, Police Department
 4833 Bernal Avenue
 Pleasanton, CA 94566
 925.931.5100
 OR
Safe Moves
 15500 Erwin Street, #1049
 Van Nuys, CA 91411
 818.786.4614

Checklist!

- ✓ **Tires** - Keep tires properly inflated. Correct air pressure is printed on the side of the tires. The bike will ride easier.
 - ✓ **Wheels** - Wheels must be straight so they will roll smoothly and brake better. Spokes need to be tight in the wheel.
 - ✓ **Brakes** (Coaster or Pedal Brakes) - Keep wheel rims clean. Replace worn brake pads. Make sure brake levers work smoothly. Replace torn cables.
 - ✓ **Seat** - Make sure seat is tight before riding.
 - ✓ **Handlebars** - Make sure handlebars are tight before riding.
 - ✓ **Pedals** - Pedals should be tight on the bike. Pedals should also spin freely.
 - ✓ **Chain** - Keep chain cleaned and oiled. If the chain is making noise its time to adjust or replace it.
 - ✓ **Gears** - Replace your cables if old or torn. Gear cables should not be too loose or too tight.
 - ✓ **Reflectors** - Your bike must have a white reflector on the front and a red reflector on the back. It's the law!
- For any bike repairs, ask your parents or see a bike mechanic.