

Before you ride

Check Your Bike

- ▲ Be sure your bike is the right size. Stand on the ground straddling your bike. You should have one to three inches between you and the top bar. For a girl's bike, imagine a bar.
- ▲ When sitting on your seat with your feet on the pedals, your leg resting on the lower pedal should be slightly bent.
- ▲ Have a clear reflector on the front and a red one on the back.
- ▲ Keep the chain well-oiled and free of goo, and have the tension correct.
- ▲ The brakes shouldn't stick.
- ▲ Keep the tires inflated. Always use a bicycle pump if the tires feel soft.
- ▲ The handlebars should be the right height and tight. The grips should be tight but not worn.

Check Your Gear

- ▲ Your helmet should fit properly. It should sit level on your head and be strapped on under your chin. It should have a sticker inside that says CPSC or SNELL, which means it was tested for safety.
- ▲ Wear knee and elbow pads, gloves, and a mouth guard if you are doing tricks.
- ▲ Wear the right shoes. No flip flops, bare feet, etc.
- ▲ You should not have any loose straps or pieces of clothing that could get caught in the chain or spokes.

Get in Gear!

Practice bike safety – Just like Ryan Nyquist, rider for Team Haro/Lee Pipes.

Sources: The National Highway Traffic Safety Administration
The Nemours Foundation (KidsHealth.org)
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- ▲ Walk your bike through intersections. Go with the light and look both ways.
- ▲ Only practice tricks in a safe, appropriate place, and with a good teacher if you're just learning.
- ▲ Never give another person a ride on your bike.
- ▲ Pass another biker or a pedestrian only on the left and give warning.
- ▲ Tell someone where you're riding and with whom.
- ▲ Obey all traffic laws.
- ▲ Ride on the right, with the flow of traffic.
- ▲ Ride single file when riding with friends.
- ▲ Never wear headphones.
- ▲ Stay alert for possible hazards or unexpected situations.
- ▲ Never weave through traffic.
- ▲ Know and use hand signals.
 - left – left arm and hand extended straight out to the left
 - right – left arm out, bent at elbow with hand pointing up
 - stop – left arm and hand pointing down

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For more bike safety information, check out www.LeePipes.com/GetinGear

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