

FOR PARENTS

ADDITIONAL RESOURCES

**Be Safe!
Be Alert!
Be Cautious!**

Understand your child's limitations.

Children are not small adults.

- It will take time and practice for a child to develop the ability to deal with lots of traffic.
- Over time, children develop the ability to accurately judge the speed and distance of oncoming traffic. Young children may think that a car is able to stop, when in fact, it is not.
- Children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see..



parkview.com

SAFE CYCLING TO & FROM SCHOOL



Where Can I Ride in Fort Wayne?

On the Sidewalk:

- Always yield to pedestrians.
- Be vigilant for cars at intersections & driveways.
- Drivers do not expect to see cyclists in these places.

On the Street:

- Follow the rules of the road.
- Ride 3 feet away from the edge of the road to avoid debris & 3 feet away from parked cars to avoid being hit by an opening door.



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We Are Your Schools

BE A SAFE CYCLIST

Riding a bike is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school safely:

- Wear a properly fitting helmet.
- Make sure you have the proper size bike. A bike that is too big will cause you to wobble and weave. A bike that is too small will be difficult to ride.
- Tie your shoelaces.
- Make sure you have enough air in your tires and that your brakes work.
- Watch for vehicles going in and out of driveways and alleys.
- Keep both hands on the handlebars except when signaling.
- Stop before crossing the street, entering a road or turning. Look left, right, in front and behind you for traffic, other cyclists and pedestrians.
- When riding in the street:
 - Ride in the same direction as traffic.
 - Obey traffic laws.
 - Be predictable; ride in a straight line and use hand signals.



ALWAYS WEAR A HELMET

Does your helmet fit? Here's a quick check:

- Your helmet should fit flat on your head.
- If your helmet moves when you shake your head, you either need to tighten your helmet or get a smaller helmet.
- Your helmet should fit low on your forehead, about two finger widths above your eyebrows.
- When your helmet is buckled, the straps should meet just below your ears.
- When your helmet is buckled, you should not be able to fit more than two fingers between your chin and the buckle.

BE A VISIBLE CYCLIST

It is important that motor vehicles be able to see you while you are on your bike. Take these precautions to make yourself visible.

- Wear bright colored/reflective clothing. Reflective vests provide some of the highest visibility when it is dark.
- Make sure you have reflectors and/or lights on the front and back of your bike as well as reflectors on both wheels.
- Ride in the same direction as traffic.
- Avoid passing stopped trucks and buses on the right.
- Announce your presence to pedestrians.
- Ride in a straight path; do not weave in and out of cars.
- Use hand signals.

Find a Safe Route

- Choose your route carefully, and practice before school starts.
- Pick a route with minimal traffic and lower speeds; if there are bike lanes or trails available, that is even better.
- Limit the number of street crossings.