

Be Seen When Walking or Biking

Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own (Wide, Bike)

When it comes to cycling and running, there is not nearly the level of scientific studies or standards in place for high-visibility clothing. The takeaway from the national standards, however, is that only three colors meet its rigorous criteria: fluorescent yellow-green, fluorescent orange-red, and fluorescent red. (And, of course, reflective stripes for nighttime visibility.) (Safe Kids Worldwide)

As mentioned above, fluorescent yellow-green is the best choice during the day—and best all-around choice for a single color. But as dusk sets in and lighting gets dim, orange-red and red start to become more prominent. (Heid, 2010)



Heid, M. (2010, June 28). Be Outdoors, *THE BRIGHTEST, MOST VISIBLE SAFETY COLORS FOR CYCLISTS AND RUNNERS*,
<https://www.outdoors.org/articles/amc-outdoors/the-brighest-most-visible-safety-colors-for-cyclists-and-runners>

Safe Kids Worldwide, *Bike*,
<https://www.safekids.org/bike#:~:text=Wear%20bright%20colors%20and%20use%20lights%2C%20especially%20when,kids%20are%20ready%20to%20ride%20on%20their%20own.>