Safety Guidelines

BE SAFE

Walking
Know your route. Try a practice run together.
Always tell someone where you are going, and if possible when you will return.
Never hitchhike or take rides from people not arranged by your parents.
Walk on sidewalks. If no sidewalks exist where you are walking, walk along the shoulder, in the direction of traffic.
Stop at all curbs, intersections and alleyways.
Look both ways before crossing, left, right, left again. Remember this little rhyme: “Before I use my feet, to cross the street, here is something that can’t be beat... Stop, Look and Listen”
Wait until traffic is clear in both directions before crossing. Cross in a straight line. Continue looking for traffic as you cross.
If you are walking or biking in the evening be sure to wear bright clothing, reflectors or carry a light.

Biking
Wear a bike helmet EVERY TIME YOU RIDE. Riders under 18 must wear a helmet by law.
Your helmet should fit you properly. Use the “Eyes, Ears, Mouth” test: If your helmet is on properly: Look up – you should be able to see your helmet with your EYES without tilting your head; the straps should encircle your EARS comfortably; if the strap is adjusted properly, you should be able to open your MOUTH wide and feel the helmet snug against your head.
Your helmet should be worn level and cover your forehead. Make sure the straps are are fastened.
Your bike should have a proper set of reflectors: Front, back, pedals and wheels. Add lights if you’re riding at night.
Be visible – Avoid blind spots of cars. Pay extra attention at intersections and driveways.
Be visible and predictable. Ride on the street, in the direction of traffic.
Children under 10 should ride on the sidewalk. Riders under the age of 10 lack the maturity to make the decisions necessary for safe riding on streets.

Be Smart
Remember that pedestrians have the right of way. Use a bell or horn to alert pedestrians.
Check that your bike is ready to ride. Keep your tires inflated, seat adjusted and make sure brakes and gears are operating correctly. Perform an ABC Quickcheck before every ride: A= Air Pressure; B= Brakes; C= Chain and Drive train; Quick = quick releases.
Carry a water bottle.
Carry a bike lock and remember to lock your bike.

Know the Law
It is important to know and understand current traffic laws both in the state of California and within the local jurisdictions in which you will be riding. For instance, some cities do not allow cyclists on the sidewalk, others do. When riding on the street, a cyclist must obey the same traffic laws as other vehicles.
Riders under the age of 18 are required to wear a helmet
Bicycles must be equipped with operational brakes
Bikes must ride on the right side of the road, with the flow of traffic – do NOT ride against traffic
Do not wear headphones or headsets when riding
Do not use a cellphone while riding
Do not carry packages that prohibit you from keeping at least one hand on the handlebars
Use hand signals when turning