

## For Parents

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.

### 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.

## Additional Resources



[www.saferoutespartnership.org](http://www.saferoutespartnership.org)



[www.parkview.com](http://www.parkview.com)



[www.lutheranchildrenshosp.com](http://www.lutheranchildrenshosp.com)



WE ARE YOUR SCHOOLS

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## SAFE BICYCLING TO AND FROM SCHOOL

Be Safe!  
Be Alert!  
Be Cautious!



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## 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.

Find more information at  
[www.fortwayneschools.org](http://www.fortwayneschools.org)

## 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.



***Bike helmets can reduce head injuries by 80%***

## Be Visible

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.