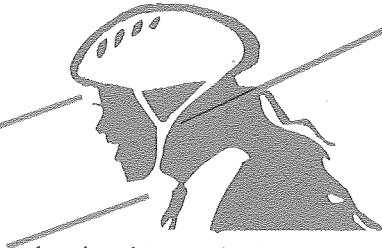


# The #1 Bicycle Safety Rule: Wear an Approved \*Bicycle Helmet

## Fitting a Bicycle Helmet RIGHT

It should fit snugly and can be fine tuned by using thinner or thicker removable foam pads inside. For a final check, gently try to roll the helmet backwards and forwards on the head. The helmet should not move more than 1/2 inch in any direction.

A bicycle helmet should sit low on the forehead, just above the eyebrows.



The two side plastic pieces on the straps should fit just under the ears.

The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must ALWAYS be buckled.

\*Bicycle helmets should be certified as complying with a test method approved by the Consumer Products Safety Commission (CPSC). This include ANSI (American National Standards Institute), ASTM (American Society for Testing and Materials), and the Snell Memorial Foundation Standard. Starting in February 1999, all bicycle helmets sold in this country will have to meet new federal safety standards set by the CPSC.

## Broward General Trauma Center

Trauma is the leading cause of death until the age of forty. It is the third leading cause for all ages, and costs millions of dollars annually in the form of lost wages, disability and productivity. In most cases it is preventable. Designated trauma centers, like Broward General, provide immediate treatment to trauma patients, meeting established standards for personnel, equipment and facilities to provide a specialized team approach to trauma management.

## The Broward County Cycling Advisory Committee

The Broward County BAC is a seven member volunteer, commission appointed committee that represents bicyclists of all ages and abilities. Since its inception the BAC has been involved in a variety of bicycling issues and projects, ranging from traffic safety education in the schools to better roads on which to bicycle. If you would like to help them improve bicycling conditions, attend a BAC meeting. They are usually the first Wednesday of every month at 6:30 PM. Call 954-357-6641 to confirm.



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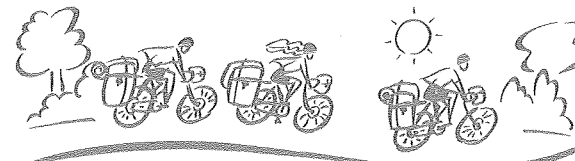
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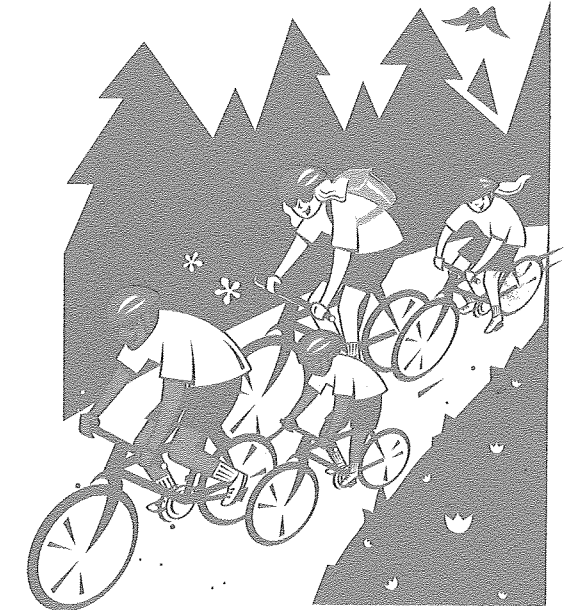
SAFETY DEPARTMENT  
4200A N.W. 10th Avenue  
Oakland Park, FL 33309  
754-321-4200 Fax: 754-321-4287

For Information on the School Districts'  
Bicycle Curriculum Program,  
please call 754-321-1863



This brochure was produced as a cooperative effort between the Broward County Transportation Planning Division, Broward General Trauma Center, and The School Board of Broward County Safety Department. A special thanks to the California Bicycle Safety Network for its work in developing the text for this brochure.

# Top 10 Bicycle Safety Rules



## For Children, Adults and Motorists

Broward County  Public Schools  
Safety Department

## BICYCLE SAFETY TIPS FOR KIDS

1. Wear an approved \*bicycle helmet every time you ride. If you're under 16 it's the law. The helmet should fit snugly, sit low on your forehead, and always be buckled. A warning sign has been posted in all School Bike Compounds for Helmet Safety.
2. Know and follow the rules of the road: such as, ride on the right side of the street, do not ride against traffic, obey all traffic signs and signals, and use hand signals. You must obey all traffic laws just like the driver of a car.
3. Ride single-file and never ride double on one bike unless it is a tandem bike.
4. Avoid biking at night. If you must ride during darkness, wear reflective clothes and use a front light and reflectors on your bike. Be extra careful.
5. Before crossing a street, stop at the edge and look left, right, then left again for motor vehicles. Listen to School Crossing Guards at School Crossings, where provided.
6. Be alert and watch for cars. Drivers may not see you even if it seems like they are looking right at you. Be extra careful. Watch for motor vehicles moving out from a curb, driveway, or alley, and maintain a safe distance from parked vehicles to allow for doors opened suddenly.
7. Make sure your bike is not too big or too small. You should be able to straddle your bike comfortably, with both feet flat on the ground. When sitting on the seat you should be able to touch the ground with the tips of your toes.

8. Keep your bicycle in good condition. Check brakes, tires, and handlebars every time you ride.
9. Watch for and avoid potholes, drain grates, sand and other hazards on the road.
10. Walk your bike when crossing a street in a crosswalk, at an intersection, and on school property to and from the Bike Compound.

## BICYCLE SAFETY TIPS FOR ADULTS

1. Wear an approved \*bicycle helmet every time you ride. The helmet should fit snugly, sit low on your forehead, and always be buckled. The straps should be snug, but not uncomfortable. Remember the law of gravity is always in effect.
2. Know and follow the Florida Vehicle Code regarding operating a bicycle. In Florida the bicycle is considered a vehicle. You must obey the same laws as drivers of motor vehicles, as well as local ordinances for bicyclists.
3. Ride with the flow of traffic, never against it, follow lane markings, and use hand signals.
4. Maintain a straight line of travel, keeping a car door's width of distance between you and parked cars.
5. Ride defensively. Don't assume that motorists see you or anticipate your actions. Avoid riding in a motorist's "blind spot".
6. Don't pass cars on the right at intersections. Many crashes occur when cars turn right into the path of a bicyclist.

7. A disproportionate number of auto bicycle collisions occur at night. If you ride during darkness wear reflective clothing. Use a front light and reflectors on your bike. Be extra careful.
8. Never ride while under the influence of alcohol or drugs.
9. Follow the "rules of the road" and common courtesy on bikeways or paths. Yield to pedestrians, and slow down and warn others as you approach to pass.
10. Keep your bicycle properly maintained. Check tires, brakes, and handlebars before every ride.

**Bicyclist fare best when they act and are treated as drivers of a motor vehicle.**

## MOTORISTS' RESPONSIBILITIES

1. Never drive while under the influence of alcohol or drugs.
2. Pass bicycles safely by leaving a minimum of three feet of space between your car and the bike. Slow down, and use the next lane if necessary. Be extra careful on windy days. The steering of a bicycle is easily affected by wind.
3. Don't always expect bicyclist to ride on the far right edge of the roadway. They may legally ride anywhere in the roadway, if they are not impeding traffic, to avoid hazards, pass vehicles or other bicycles, or prepare for a left turn. Bicyclist may legally use a left turn lane just like a motor vehicle.

4. Don't honk at bicyclists unless absolutely necessary.
5. Be alert and watchful for bicyclists, especially when you enter or exit a driveway or alley. Many bicyclists will travel against the flow of traffic.
6. Don't assume a bicyclist sees you or anticipates your actions.
7. Watch for bicyclists using bicycles on the sidewalk, in a crosswalk, or entering and exiting a school bike compound.
8. Before turning right (or left from a one-way street) look over your shoulder and check for bicycle traffic. The bicyclist you just passed will probably catch up with you. If a bike lane is present, carefully merge into it when making a turn. Always use your turn signal.
9. Look over your shoulder for bicyclist before you open a car door or pull away from the curb.
10. Consider bicycle commuting yourself. Start by trying just one day a week. Bicyclists cut down on traffic congestion and pollution for us all.

