

# BLUEJAY BIKE SAFETY

**WEAR A HELMET EVERYTIME YOU RIDE!**

MAKE SURE IT FITS WELL, COVERS YOUR FOREHEAD, DOESN'T TIP BACK, & ALWAYS FASTEN THE STRAPS

GET A NEW HELMET IF YOU FALL ON YOUR BIKE & HIT YOUR HEAD

**WEAR THE RIGHT ATTIRE**

DON'T WEAR HEADPHONES ~ THEY CAN DISTRACT YOU

MAKE SURE THAT NOTHING WILL GET CAUGHT IN THE CHAIN

WEAR THE RIGHT SHOES SANDALS, FLIP-FLOPS AND CLEATS ARE NOT A GOOD CHOICE

WEAR REFLECTIVE CLOTHING

**KNOW THE RULES OF THE ROAD**

ALWAYS STOP AT INTERSECTIONS

DON'T RIDE CLOSE TO PARKED CARS

RIDE ON THE RIGHT-HAND SIDE OF THE STREET (SAME DIRECTIONS AS THE CARS)

RIDE SINGLE FILE

USE BIKE LANES WHEN YOU CAN

**MAKE SURE YOUR BIKE FITS**

WHEN YOU ARE ON THE BIKE, STAND OVER THE TOP BAR - BOTH FEET SHOULD BE FLAT ON THE GROUND

THERE SHOULD BE 1-3 INCHES OF SPACE BETWEEN YOU & THE TOP BAR

CHECK YOUR CHAIN, BRAKES AND TIRES TO MAKE SURE THEY ARE WORKING PROPERLY

