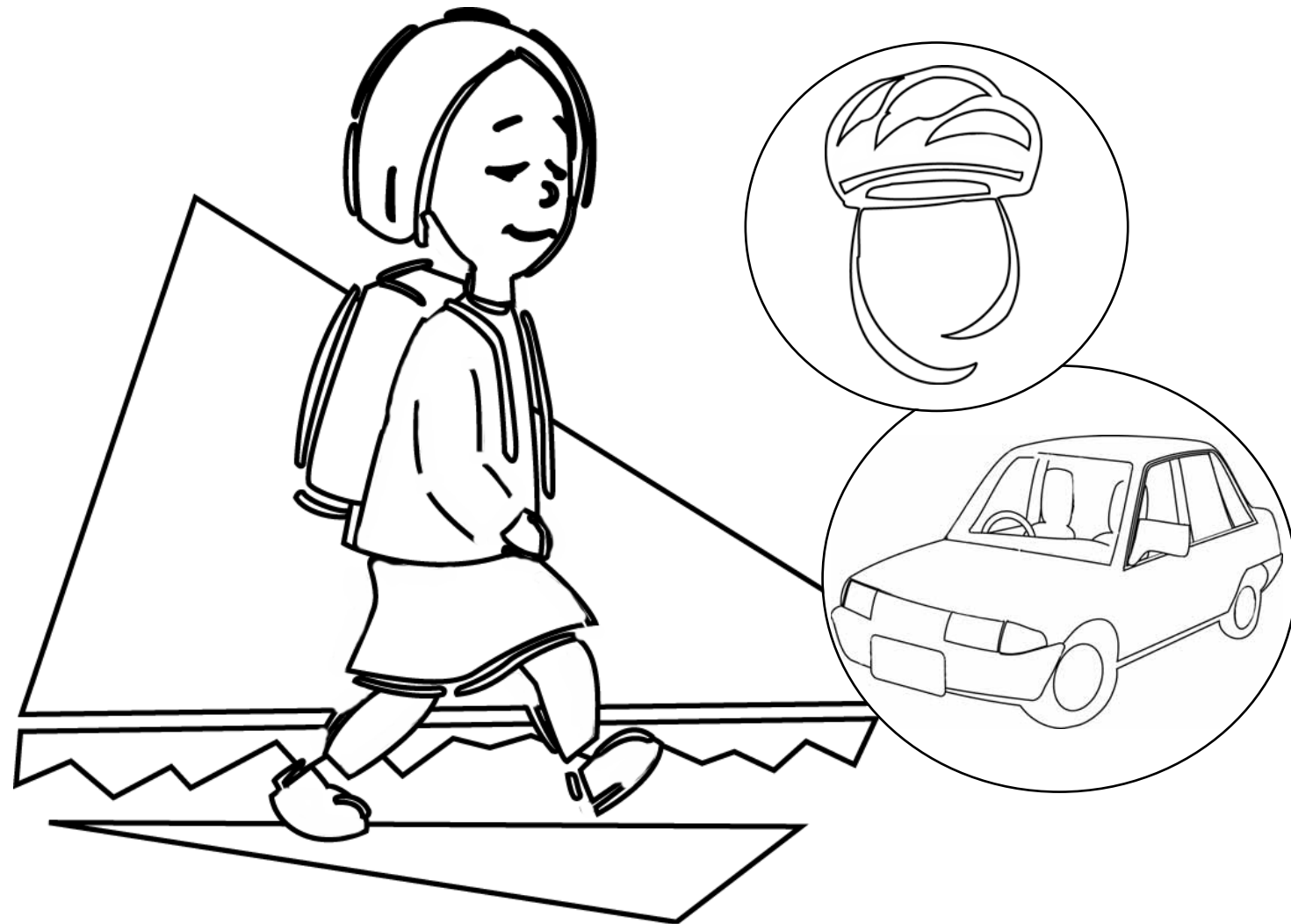


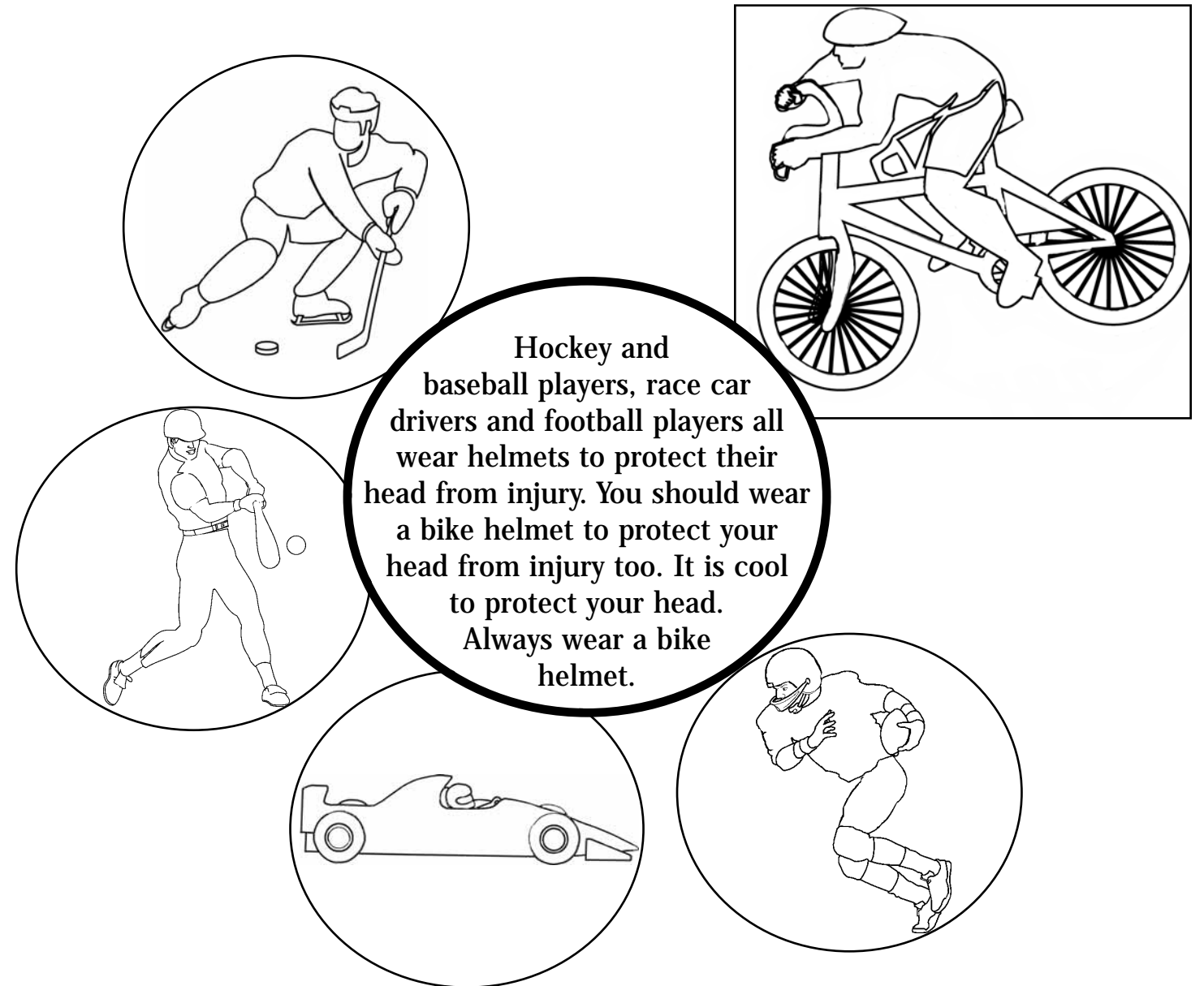
Safety Checklist

- I will stay on the sidewalk until I am 10 or 11 years old.
- I will watch for cars at driveways and alleys.
- I will watch for people who are walking.
- I will always wear my bike helmet.

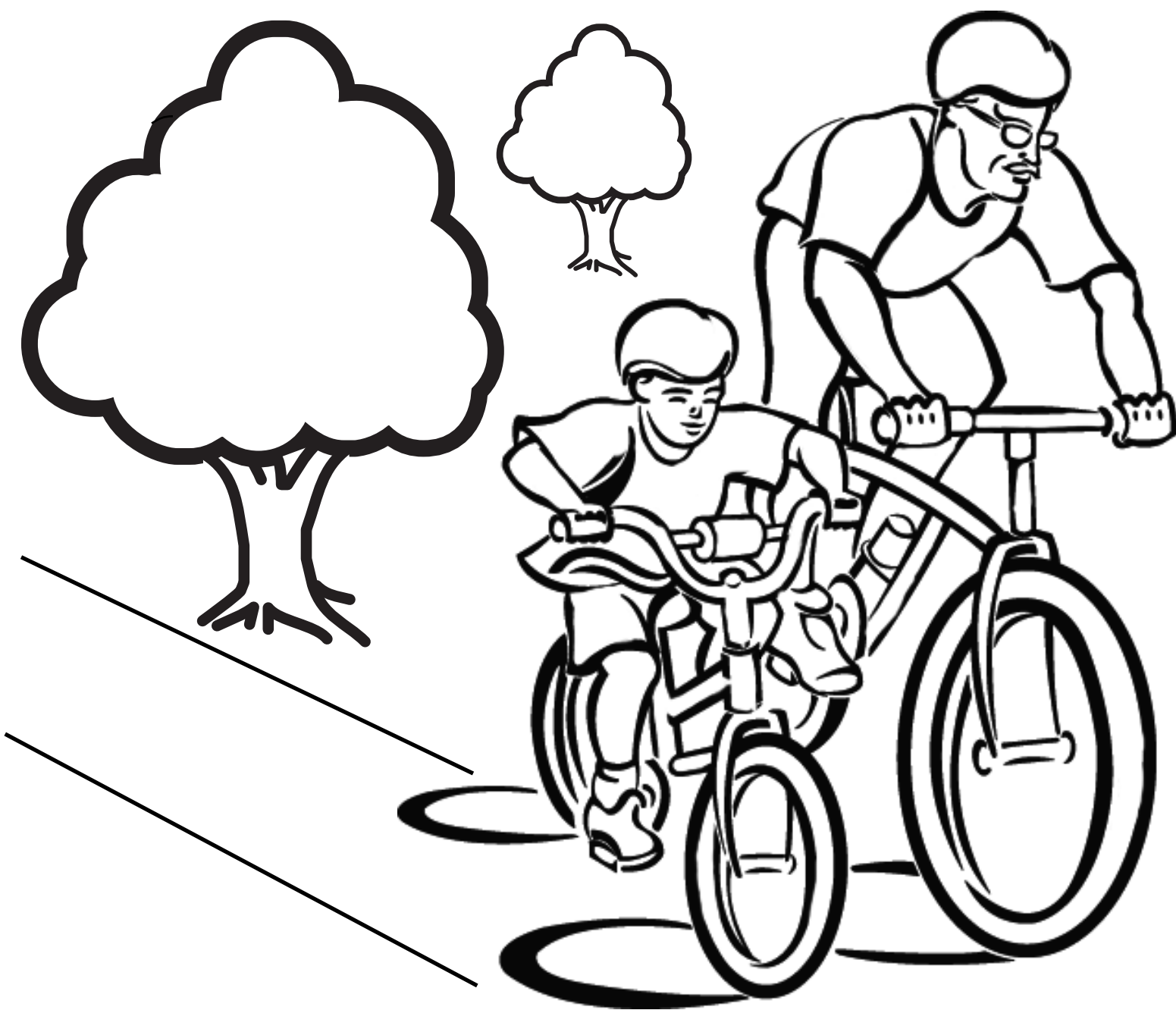


Safe Biking Coloring Book

Parents: Please read this coloring book with your child.



A bike must never be too big or too small. A bike should be the right height for me. I should be able to stand over my bike with both feet flat on the ground.



If I am allowed to cross the street, I MUST:

- Get off my bike.
- Look all ways for cars and trucks.
- Walk my bike across the street.
- Only cross the street at the corner.



Tips for parents:

- Choose a bike that fits your child.
- Never let your child use a bike that is too big or too small.
- Children should stay on sidewalks until they are 10 or 11 years old.
- Teach your child the rules of the road.
- Always wear shoes when biking to prevent injuries.
- Enforce wearing a helmet for the entire family.
- Make sure that your helmets are approved by the ANSI, the Snell Foundation or ASTM.

Parents:

Teach your child safe biking skills. Your child should be able to start the bike without going outside a path three feet wide. Your child must be able to stop the bike with the brakes, not with the feet. Your child must be able to stop the bike without falling off of it. Your child must be able to ride in a straight line near the curb. Parents should set a good example for your children. Make certain you always wear a bike helmet and follow safety rules when you go biking.