

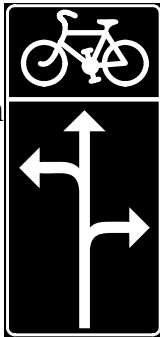


# Biking to School



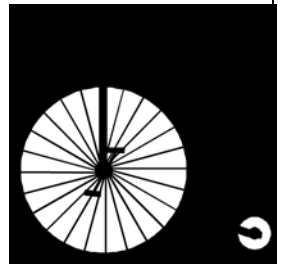
## Tips for Traffic

- Be visible.
- Be predictable.
- Ride on the right side of the road.
- Stop at stop signs.
- Make eye contact with drivers before crossing in front of them.
- Take your school's suggested route to and from school.
- Make a pedestrian-style left turn at busy intersections.
- Don't be to the right of right-turning traffic.
- Don't get doored.



## Tips for Your Bike

- Make sure your bike fits you.
- Use a rack or basket for heavy loads. Don't overload your backpack.
- Be sure your brakes are in good condition and tires properly inflated.
- Have a qualified mechanic check your bike once a year.
- Lock your bike securely. Lock the frame and one wheel to a good rack.
- Use a light if you ride at night.



## Tips for a Safe Journey

Bicycling is fun, but a crash can spoil the fun in a hurry. Common sense, logic and prudence will go a long way to keeping your journey a safe one. Most bike crashes are simple falls, not involving a car, and result in only minor injury. Falls are generally caused by mechanical malfunction, loss of control or hazards in the road. Experience, practice and regular bike maintenance will help to eliminate virtually all of these crashes.

Car-bike crashes are a small percentage of overall bike crashes, but they tend to cause the most severe injuries. 47% of car-bike collisions are due to bicyclists making one of the following errors:

- |  |     |
|--|-----|
| • Wrong-way riding   | 14% |
| • Left turn from right side of road                                      | 11% |
| • Driveway ride out (riding into the road without stopping and yielding) | 9 % |
| • Failure to yield (example: running stop sign)                          | 8 % |
| • Sudden swerve  | 5 % |

An almost equal percentage of car-bike collisions are caused by motorist mistakes. A wise bicyclist who is aware and rides defensively can protect against them. Key: be visible, be predictable, be alert, be prepared, and wear a helmet. 85% of all bicycle fatalities are due to head injuries, and a properly-worn bike helmet can reduce the chance of brain injury by 88%. California state law requires all bicyclists under the age of 18 to wear a **properly fitted and fastened helmet**.