

Keeping your Child Safe While Biking & Scooting

Safety Tips

- **Protect your head. Wear a helmet that fits properly EVERY time you ride.**
- **Ensure proper size and control.** Adjust bicycle seat height—with a foot on the pedal, your fully extended leg should have a slight bend. Your local bike shop can help you find the right sized bike. Scooter handlebars should be around the height of your waist when standing on the deck.
- **Keep gear properly equipped and regularly maintained.** Before riding, check that brakes are working, tires are properly inflated, and that you have a white light on the front and a red rear reflector.
- **Be visible.** Wear reflective or light/bright clothing. Do not let children ride at night or on poorly-lit streets or pathways.
- **Stay focused and alert.** Be aware of the traffic around you and your child. Teach your child to look for obstacles in his or her path. Gravel, potholes, cracks, railroad tracks, wet leaves, or drainage grates could make them fall.
- **Keep your ears open.** Never let kids wear headphones that cover both ears or earplugs in both ears while riding.
- **Don't carry anyone else.** A bicycle with one seat is a bicycle for one person. Scooters should always be ridden alone.
- **Supervision may be needed.** Young children should NOT ride at night or in the street unsupervised. Young children riding on the sidewalk should ride slowly and be prepared to stop quickly, especially at driveways and intersections.
- **Kids under age 10 should ride on the sidewalk.** Be sure to watch for cars coming out of driveways. Stop at every sidewalk corner and street to check for cars. Enter the street at a corner and never between parked cars.
- **Older kids should ride in the bike lane, if available.** If riding in the travel lane, ride to the right. Always ride in the direction of traffic as close to the right side as practical except: when passing, preparing for a left turn, avoiding hazards and dangerous conditions, or if the lane is too narrow.
- **The same rules for helmet and rider safety apply to all modes of personal transportation** – including skateboards, roller skates, rollerblades, bicycles, and scooters.



Report Safety Issues

If you see something, say something. Your local government is usually in charge of how streets, including bike lanes look and are maintained. If you see debris in the bike lane, blocked lanes, cracks in the asphalt or other safety issues, **call your local elected official's office.**

References

Pedestrian and Bicycle Center. Safety tips for bicyclists.

http://www.pedbikeinfo.org/community/tips_bicyclist.cfm (Accessed July 6, 2018)

Safe Routes to School Guide. Key messages for children: Bicyclist safety skills.

http://guide.saferoutesinfo.org/education/key_messages_for_children.cfm#pedestrian

National Center for Statistics and Analysis. (2018, May). Bicyclists and other cyclists: 2016 data. (Traffic Safety Facts. Report No. DOT HS 812 507). Washington, DC: National Highway Traffic Safety Administration.

<file:///C:/Users/c134210/Downloads/2016%20BICYCLISTS%20AND%20OTHER%20CYCLISTS%20Traffic%20Safety%20Fact%20Sheet.pdf> (Accessed July 10, 2018)

CALBIKE California Bicycle Coalition. California bicycle laws.

http://www.calbike.org/bicycling_in_california_sharing_the_road (Accessed July 5, 2018)

National Highway Traffic Safety Administration. Bicycle safety.

http://www.pedbikeinfo.org/community/tips_bicyclist.cfm (Accessed July 3, 2018)

National Highway Traffic Safety Administration. Kids and bicycle safety.

<https://one.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/index.htm>

<https://icsw.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/>

(Accessed July 5, 2018)

Los Angeles County Department of Public Works. Resources: The law as applicable to bicycling.

<https://dpw.lacounty.gov/pdd/bike/resources.cfm> (Accessed July 10, 2018)

The League of American Bicyclists. Ride Better Tips. <https://www.bikeleague.org/content/ride-better-tips>

(Accessed July 3, 2018)

The League of American Bicyclists. Rules of the road (Need to know).

<https://www.bikeleague.org/content/rules-road-0> (Accessed July 10, 2018)

Jenkins K. A beginner's guide to getting back on your bike in your golden years. *Momentum Magazine*. May 12, 2016. <https://momentummag.com/like-riding-bike-even-years/>

Bergen T. Bicycle safety for seniors. September 11, 2017. <https://www.livestrong.com/article/91456-bicycle-safety-seniors/> Accessed July 12, 2018.

Image: Open source photo from Pedestrian and Bicycle Information Center (PBIC) Image Library.