

BIKE SAFETY SKILLS



ACTIVITY BOOK



hudsontma.org

What's Your Style?

THERE ARE MANY THINGS YOU CAN USE A BIKE FOR!
LIST SOME THINGS YOU'D LIKE TO DO WITH YOURS!

Use this space to list the different ways you plan to use your bike.
List some features you'd like as well. Then look below to find what
kind of bike best suit your needs!

USES:

EXAMPLE:

Get to
school

FEATURES:

EXAMPLE:

Skinny
tires

There are Many Kinds of Bikes!

HERE ARE FOUR POPULAR STYLES THAT MAY BE RIGHT FOR YOU!*

MOUNTAIN BIKES

have thick tires and were originally made for off-road biking. Mountain bikes are sturdy and let you sit in a comfortable, upright position.



HYBRID BIKES

blend features of road and mountain bikes for versatility on streets and light trails, offering a light frame, medium tires, and an upright riding position for comfort.



ROAD BIKES

have skinny tires and let you sit in a low position. They're built for speed and distance, but they're not quite as comfortable as mountain or touring bikes.



BMX BIKES

are small and lightweight. They're mostly used for performing tricks or racing on small dirt tracks. They don't have gears, so they're not as good on hills or for long distances.



*TO FIND MORE
STYLES OF BIKES,
CHECK ONLINE:

http: need 3 urls or links here
http: need 3 urls or links here
http: need 3 urls or links here

USE YOUR HEAD—

Wear a Helmet!

HELMETS PROTECT YOUR HEAD FROM
SERIOUS INJURIES. WEARING A HELMET
COULD EVEN SAVE YOUR LIFE.

AND — IT'S AGAINST THE LAW TO RIDE YOUR
BIKE WITHOUT ONE IF YOU'RE UNDER 17!

FILL IN THE MISSING B's, I's, K's, AND E's
TO LEARN MORE ABOUT BIKE HELMETS.

__ SUR_ TO G_T a H_LM_T YOU L__

Ask your parent to help you look for one. There are all
different kinds and colors. Some of them look pretty cool!

Ma__ SUR_ _T F_TS

A helmet should fit snugly on your head. The
straps should fit snugly under your chin. When you
put it on, the helmet should come down just above your
eyebrows. If you can move it while its on your head, it's
too big. Be sure to try a helmet on before you buy it!
Ask a parent to help you get a helmet that fits correctly.

W_ar _T _V_RY T_m_ YOU ____

There are two things you always need when you bike.
The first is a bike, of course! And the second is a
helmet! If you don't have a helmet, don't bike! If you
fall or bang your helmet, ask a parent to check it.
Replace your helmet if there's any damage.

NOTE TO PARENTS:

Make sure the helmet has a label that states it meets
U.S. Consumer Product Safety Commision (CPSC)
safety standards. (In Canada, CSA International
sets standards for bicycle helmets.)
Replace any helmet if it's
cracked or damaged.

In addition to retail stores
and bike shops, some
communities offer
special bike helmet
discount programs.
Check with local
public safety or law
enforcement officials
for more information.



GO TO
HUDSONTMA.
ORG FOR MORE
SAFETY TIPS!

HERE ARE SOME
OTHER WAYS TO
PROTECT YOURSELF:

WEAR
BRIGHT OR
REFLECTIVE CLOTHES

to make it easier for
people on the road to
see you, especially
at dusk.

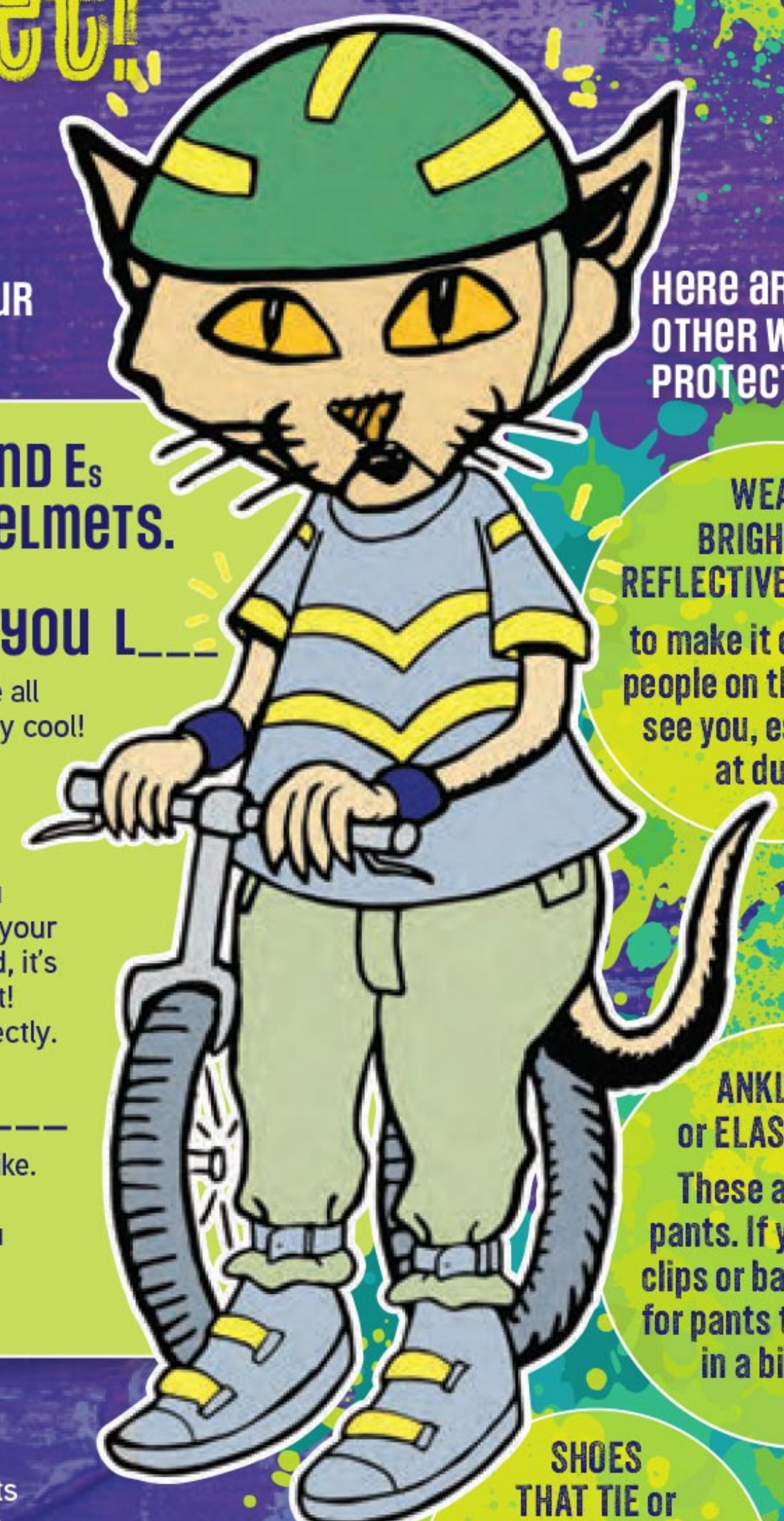
ANKLE CLIPS
or ELASTIC BANDS

These are for long
pants. If you don't use
clips or bands, it's easy
for pants to get caught
in a bike chain.

SHOES
THAT TIE or
FASTEN WITH SNAPS

It's easy for slip-on
shoes to fall off
when you bike.

IF YOU'RE ON A SCOOTER,
YOU ALSO NEED TO WEAR
ELBOW AND KNEEPADS!



Start!

Bike this Way!

HERE'S A BIKE SAFETY GAME FOR YOU AND A FRIEND!

BIKE SAFETY:

Following the rules of the road for a safe trip every time.

WHOEVER SPELLS
"BIKE SAFETY"
BACKWARDS FASTEST GOES FIRST!

USE COINS OR SIMILAR ITEMS
AS GAME PIECES.

Heads:
Move forward
1 space.

TO move,
flip
a coin.

Tails:
Move forward
2 spaces.

OBJECT OF THE GAME:

Be the first one to finish your bike trip SAFELY!

Biked across
an intersection—
didn't walk across.

**MOVE BACK
1 SPACE**



Biked at least
3 feet away
from parked cars.

**MOVE AHEAD
1 SPACE**



Biked without
a helmet.

**GO BACK
3 SPACES**



When biking
with a friend, stayed
in a single file.

**MOVE AHEAD
1 SPACE**



Biked in the road,
even though you
were told not to.

GO BACK 1 SPACE



Biked on
the right side
of the road only.

**MOVE AHEAD
1 SPACE**

Took a class
to improve
your biking skills.

**MOVE AHEAD
1 SPACE**

Went right
through a STOP sign
without stopping.

**GO BACK
3 SPACES**



Put your bike away
properly and locked it
when you weren't using it.

**MOVE AHEAD
1 SPACE**



Used your phone
while riding, instead
of pulling over
and stopping!

GO BACK 1 SPACE



Let someone
be a passenger
on your bike.

**GO BACK
1 SPACE**



BEFORE YOU RIDE, DO YOUR ABCs!

EACH TIME
CHECK YOUR

- A—Air in your tires
- B—Brakes
- C—Chain

Don't
forget
H
for your
helmet!



Wore headphones
while biking.

**GO BACK
1 SPACE**



Used hand
signals when
making a turn.

**MOVE AHEAD
1 SPACE**



Tried to ride with no
hands on the handlebars.

GO BACK 1 SPACE



Stopped at the end
of the driveway and
looked both ways before
going into the street.

MOVE AHEAD 1 SPACE



FINISH!

Be aware out there!

FOLLOW THIS MAZE, AND SEE WHAT KINDS OF THINGS YOU HAVE TO WATCH OUT FOR WHEN BIKING.

OTHER THINGS TO WATCH OUT FOR:

- suddenly opened car doors
- low hanging branches
- people walking
- railroad tracks



on the Road!

CYCLISTS MUST FOLLOW THE SAME RULES AS DRIVERS. HOW MANY ROAD SIGNS AND SIGNALS DO YOU KNOW?

Make a Match!

DRAW A LINE FROM THE TRAFFIC SIGNAL TO ITS MEANING.



The road narrows up ahead – you'll have to bike closer to traffic.

Stop, if you can do it safely.

You must make a right turn if you're in this lane. If you want to go straight, check for traffic, signal, and move to the center lane.

Come to a complete stop. Wait for a green light.

Come to a complete stop. Make sure it's safe (look left-right-left) before you go.

Don't enter the lane or road until other drivers or cyclists are out of the way. Slow down and stop if you have to.

Watch for traffic entering your lane from the right.



Give yourself a hand

Cars have to signal before making turns or changing lanes. So do bicyclists. Letting other vehicles know what **you're** going to do is the safe – and smart – way to bike.

HERE'S WHAT THE SIGNALS FOR RIGHT AND LEFT TURNS LOOK LIKE:

You'll also need to signal whenever you stop.

RIGHT TURN



ALTERNATE RIGHT TURN (only some states allow this)



LEFT TURN



STOP





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The Hudson TMA is dedicated to
promoting sustainable transportation in
Hudson County by working with commuters,
employers, and municipalities.

