

# MY TMA



# BIKE SAFETY SKILLS



# Activity Book

# What's *your* style?

Use this space to list the different ways you plan to use your bike. List some features you'd like, too. Then look below to see what kind of bike best matches your needs.

## Uses:

example: to get to school

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## Features:

example: skinny tires

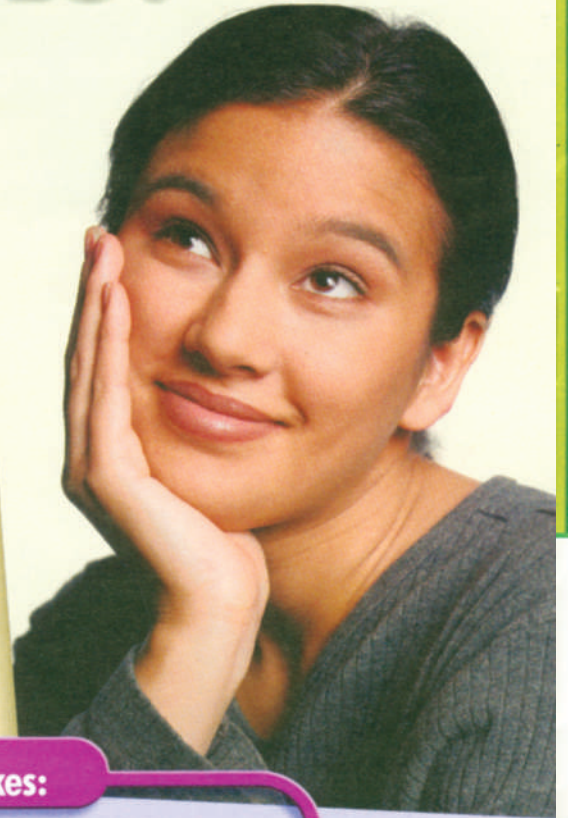
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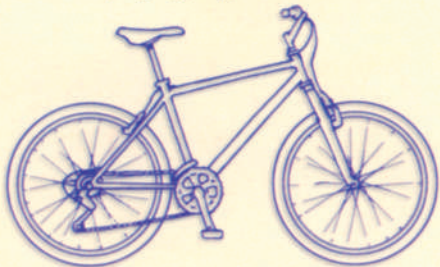
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## These are the 4 most popular kinds of bikes:

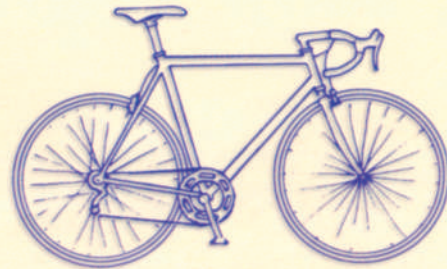
### Mountain bikes

have thick tires and are made for off-road biking. These days, though, people use them for many purposes. Mountain bikes are sturdy and let you sit in a comfortable, upright position.



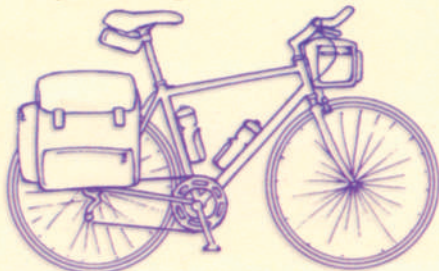
### Road bikes

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.



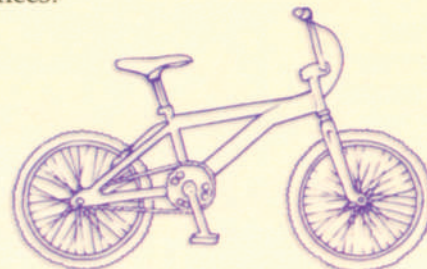
### Touring bikes

are also known as "hybrids." They look a little like mountain bikes but are made for streets or dirt paths. They're great for long trips—they're comfortable and they can carry a lot of gear.



### 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 for hills or long distances.



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# Use your head— wear a helmet!

Why? Because everybody falls off a bike sometimes.

**Helmets protect your head from serious injuries.** Wearing a helmet could even save your life.

*And... It's against the law to bike without one!*

Fill in the missing **B**s, **I**s, **K**s and **E**s to learn more about bike helmets.

\_\_\_ sur \_\_\_ to g \_\_\_ t a **1.**  
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. **2.**

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 when it's 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 right.

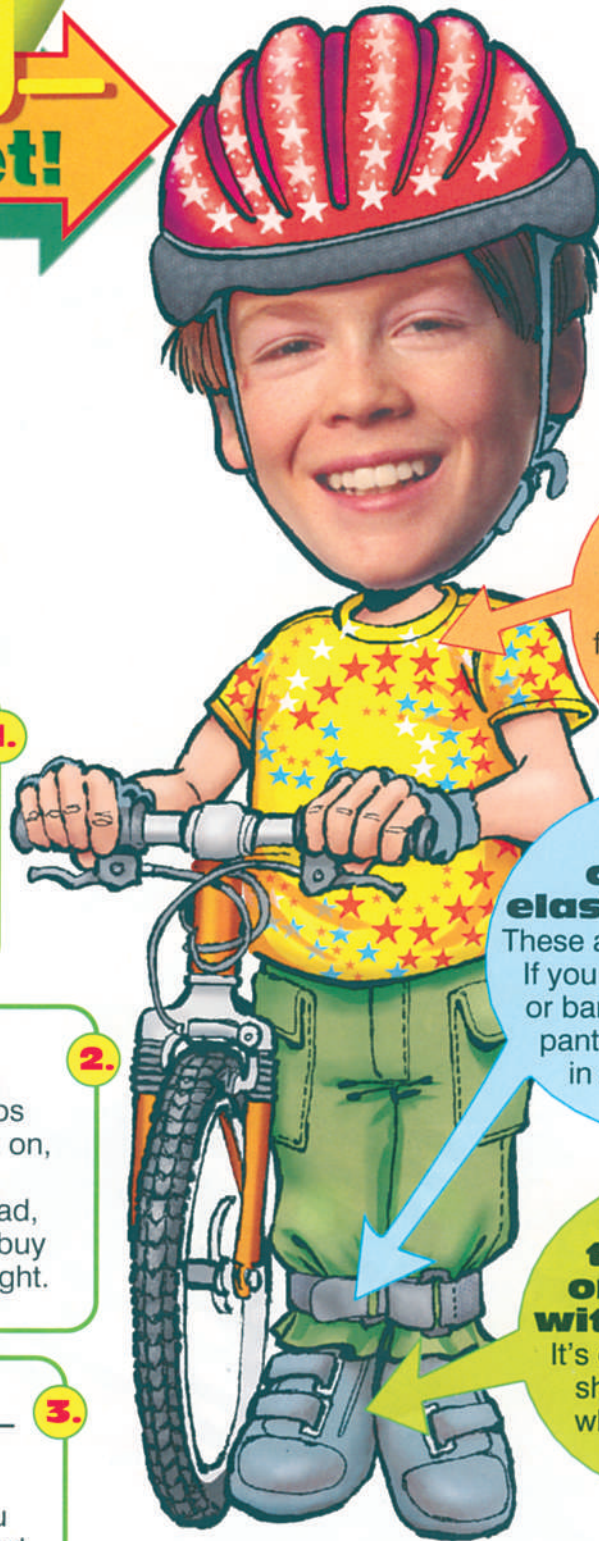
W \_\_\_ ar \_\_\_ t \_\_\_ v \_\_\_ ry t \_\_\_ m \_\_\_ **3.**  
you \_\_\_\_\_.

There are 2 things that you always need when you bike. The first thing is a bike, of course! The second thing 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 it if there's any damage.

### NOTE TO PARENTS:

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

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.



Here are some other things you should wear!

### Bright clothes.

Wear these to make it easier for other people on the road to see you.

### Ankle clips or elastic bands.

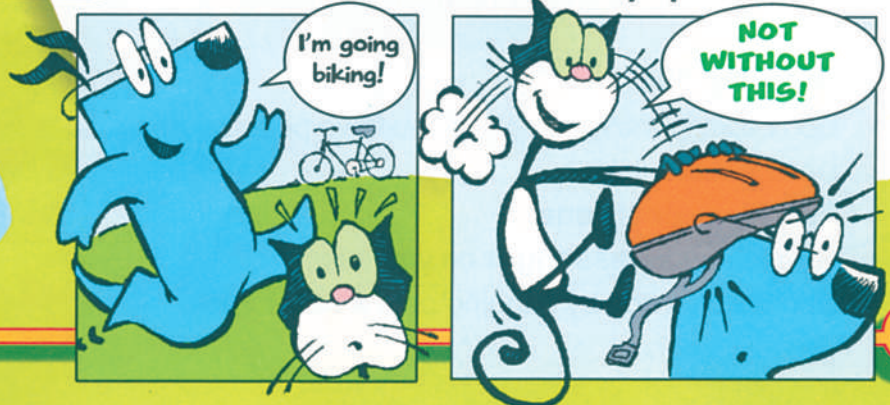
These are for long pants. If you don't have clips or bands, it's easy for pants to get caught in a bike chain.

### Shoes that tie or fasten with straps.

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.

See our Web site for other safety tips!



# Bike this way!.....

**bike safety:**  
following the rules of the road for a safe trip every time.

**Here's a game**  
for you and  
a friend.

**Rules**  
Use the cutouts  
as game pieces.  
To move, flip a penny.

**HEADS:** Go  
forward 1 space.

**TAILS:** Go  
forward 2 spaces.

Whoever spells  
**"BIKE SAFETY"**  
backwards fastest  
goes first!



**Object of the game:** Be  
the first one to finish  
your bike trip safely!

**START**

**FINISH**



Stopped  
at the end of  
the driveway and  
looked both ways  
before going into  
the street.  
Move ahead  
1 space.



Wore  
headphones  
while biking.  
Go back  
1 space.



Tried  
to bike with  
no hands on the  
handlebars.  
Go back  
1 space.



Used  
hand signals  
when making  
a turn.  
Move ahead  
1 space.



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Cut out game pieces and fold on the dotted line so they stand up.

Went right through a "STOP" sign without stopping.  
Go back 3 spaces.



Asked a parent to look over your bike because you heard it make a strange noise.  
Move ahead 1 space.



Let someone be a passenger on your bike.  
Go back 1 space.

Put your bike away properly and locked it when you weren't using it.  
Move ahead 1 space.



Asked an adult for help improving your biking skills.  
Move ahead 1 space.

Biked on the right side of the road only.  
Move ahead 1 space.

### Before you begin riding, do your ABCs! Each time check your

**A**—Air in your tires

**B**—Brakes

**C**—Chain

Biked in the road even though you were told not to.  
Go back 1 space.



Biked across an intersection—didn't walk bike across.  
Move back 1 space.



Don't Forget "H" for your Helmet!



When biking with a friend, stayed in single file.  
Move ahead 1 space.



Biked at least 3 feet away from parked cars.  
Move ahead 1 space.



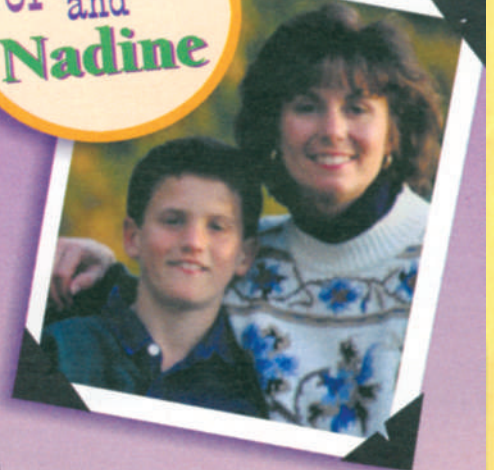
Biked without a helmet.  
Go back 3 spaces.

# Across town

Make your choice, then follow the path. Think about the possible consequences before choosing.

The Saturday afternoon

## adventures of Billy and Nadine



### Billy just got a new bike.

Nadine, his stepmom, says he can bike across town to see his friend. He straps on his helmet and heads out. Down the street, Billy's neighbor has built a ramp out of scrap metal and cinder blocks. Some guys from school are there, and they call Billy over to try it out.



"No, thanks!"

What should Billy do?

"All right!"

Ouch! That ramp isn't as sturdy as it looks. Billy's helmet saves him from a permanent injury. But he still gets a bad cut on his leg and a flat tire.

**This trip is over!**



"That's cool," one of the guys says. "Maybe some other time." "Sure," Billy says, but he thinks "Yeah, right!"

*He continues his trip.*

### Billy has to go through another neighborhood.

Some kids start making fun of his helmet and calling him names.



Get off his bike and start a fight.

What should Billy do?

Tell them he'd rather be safe than sorry, then ignore them.



An adult breaks up the fight before anybody gets hurt. But now Billy will be spending the afternoon at the police station instead of his friend's.

**The end.**

## The final destination

Billy arrives at his friend's. He calls Nadine to tell her he made it safely, and enjoys his afternoon.

The kids get bored and decide to leave Billy alone. Billy bikes on in peace.

*Go to the final destination.*



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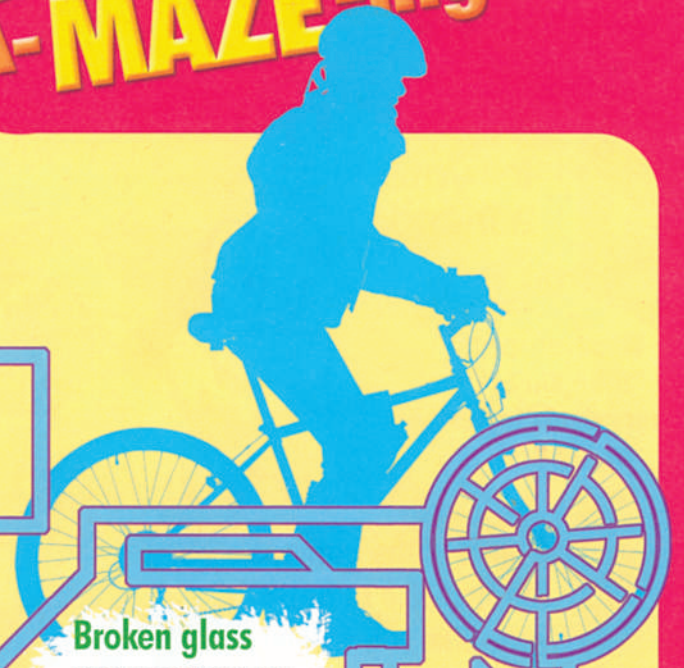
# Be aware out there!

# Simply A-MAZE-ing

Follow this maze, and see what kinds of things you have to watch out for when biking.



Start



## Bad weather

Wet roads are slippery and make it harder to stop your bike. And high winds can blow you off the road.



## Drain grates

Your bike wheel could get stuck in these. Try to bike around them.



## Broken glass

If you run over it, you could get a flat tire.



Finish



## Potholes

These are holes in the road. If your bike bounces through one, it can damage your wheel or make you fall.



## Strange dogs

If a dog follows you, don't speed up. If you're attacked, stop and hold your bike in front of you as a shield.



## Sand and gravel

These can make your bike skid if you go too fast. Drive through sand and gravel slowly.



## Other things to watch out for:

- car doors opening
- low-hanging branches
- people walking
- railroad tracks.

When you go biking, look all around you! It helps keep you safe.

And it could keep you from getting lost!



# On the road

As a bicyclist, you have all the rights and responsibilities of car drivers. But how well do you know the signs and signals?

## Make a match!

Draw a line from the traffic signal to its meaning.

The road gets narrow up ahead— you'll have to bike closer to traffic.

Stop, if you can do it safely.

You *have* to take 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 bicyclists are safely out of the way. Slow down and stop if you have to.

Watch for traffic entering your lane from the right.



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## 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:

Right Turn



Alternate Right Turn (Only some states allow this.)



Left Turn



Stop



Unless you have brake lights built into your back, you'll also need to signal whenever you stop. That signal looks like this:

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