



Massachusetts Safe Routes to School, a program of MassRIDES, is a service of the Massachusetts Executive Office of Transportation, and supported by the Federal Highway Administration.

DO THE EYES, EARS, & MOUTH TEST TO MAKE SURE YOUR HELMET FITS:

First adjust your helmet so it is **level** and **snug**.

EYES - you should see the very edge of your helmet when you look up.

EARS - the straps should meet right under your ear lobes to form a Y.

MOUTH - the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you open your mouth you feel the helmet pull down on the top of your head.

DRESS BRIGHT AND TIGHT

Wear **light** or **brightly** colored clothing so that drivers can see you.

Tuck away shoelaces and backpack straps.

Tuck in or roll-up pant legs.

CHECK YOUR BIKE WITH THE ABC QUICK CHECK:

Air - pinch the tires, they should be hard.

Brakes - make sure brakes work and aren't rubbing the tire.

Chain - make sure you can shift gears and the chain is tight.

QUICK - make sure the quick release levers on the wheels and other bolts are tight.

CHECK - make sure nothing else on your bike is broken.

OBEY THE RULES OF THE ROAD

Always stop before entering the road and look both ways.

Ride on the right, in the same direction as cars.

Ride single file in a straight path.

Obey traffic signs, signals, and laws. Stop at all red lights and stop signs!

Look back and signal before turning.

Stop for people walking.

If you ride at night you need a white front light and a red rear light.

Bike Safety

