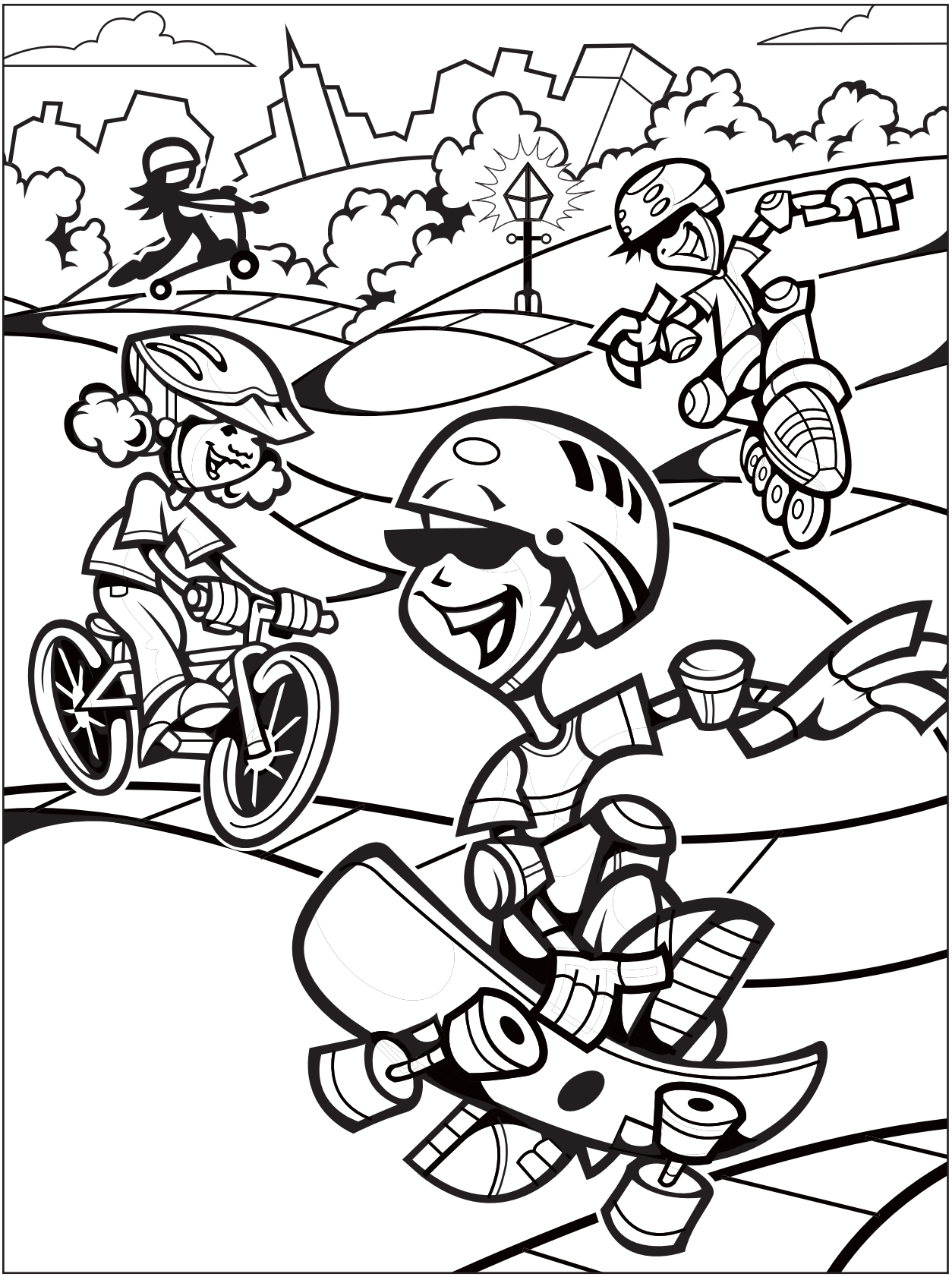
Safety on Wheels

Activity and Coloring Book

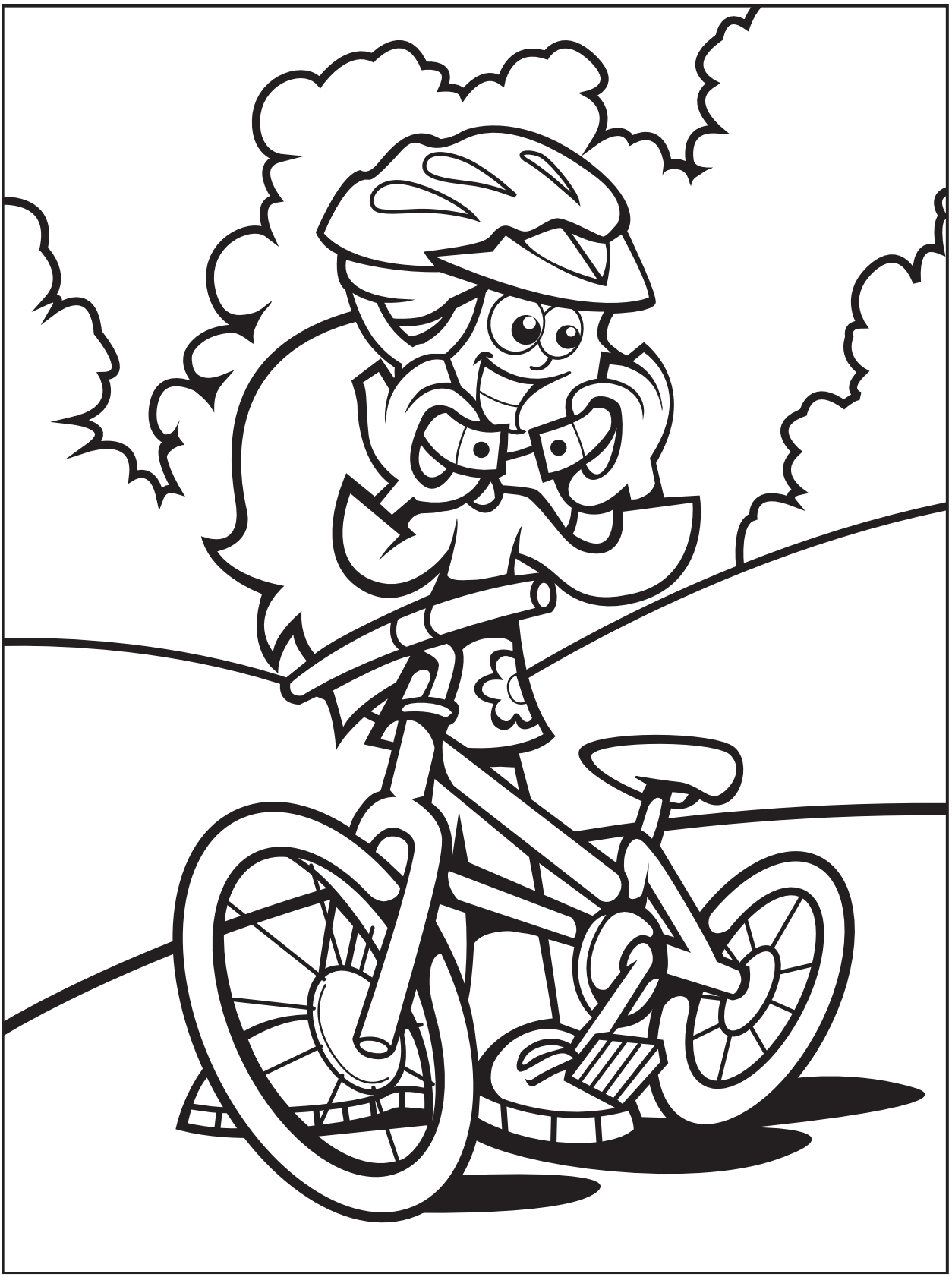
Safe Kids WORLDWIDE®

Made possible by

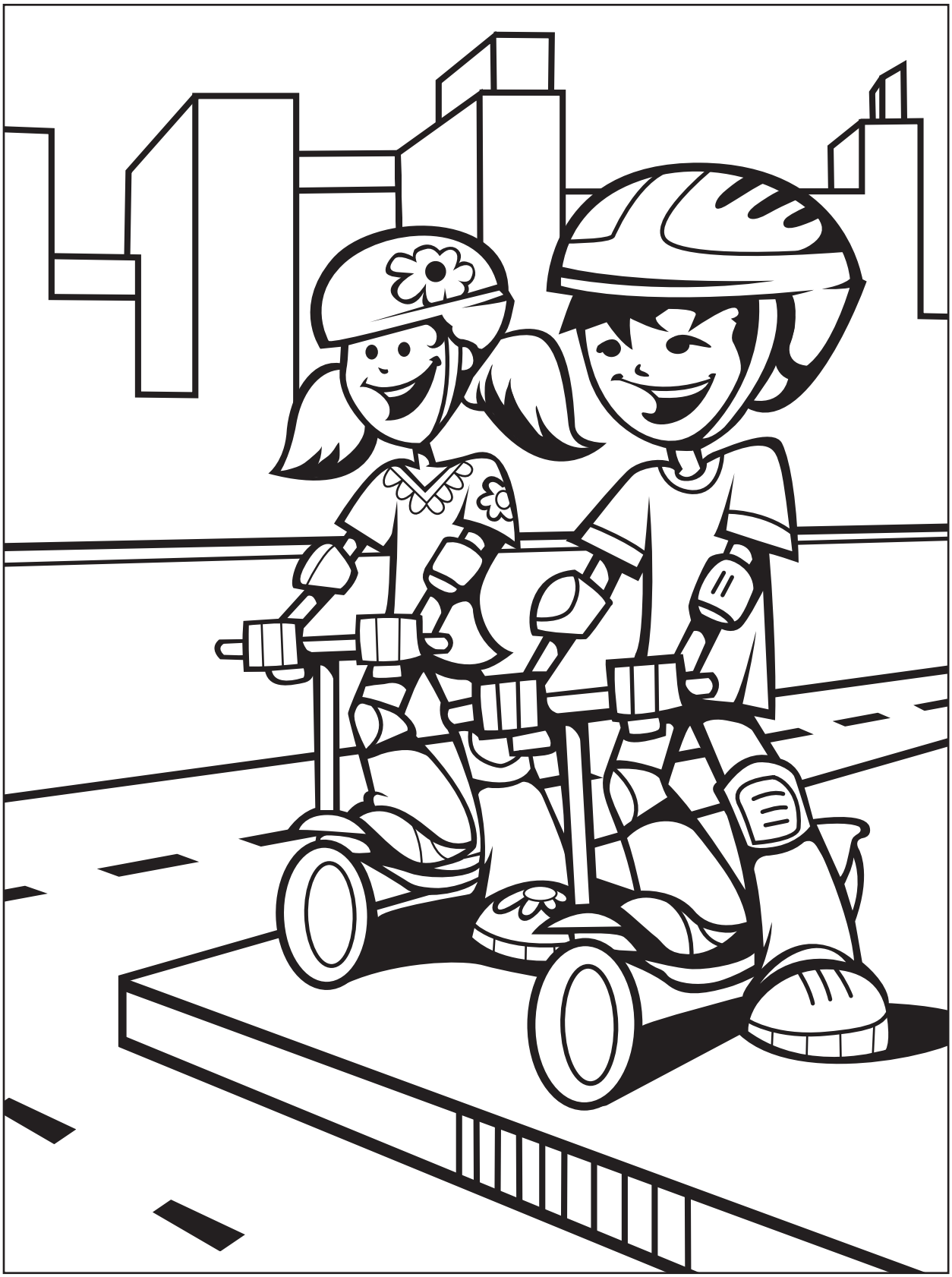
MetLife Foundation



Bikes, skateboards, scooters and roller skates are fun
but can also be dangerous so…



. . . Wear a helmet on every ride!



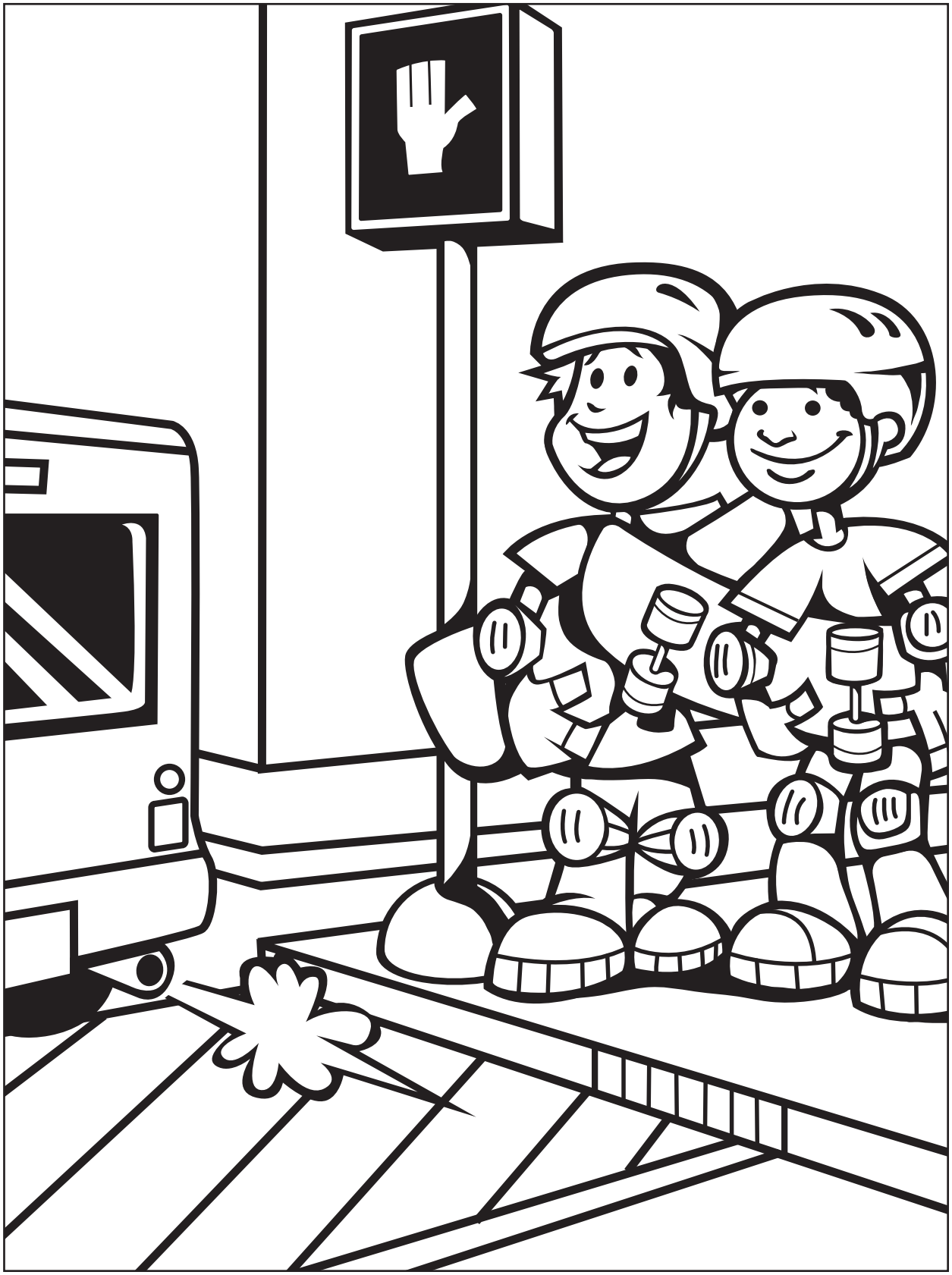
Know the rules of the road and obey all traffic laws.

Find and circle these words in the puzzle.

(Words can be found across, down, and diagonally.)

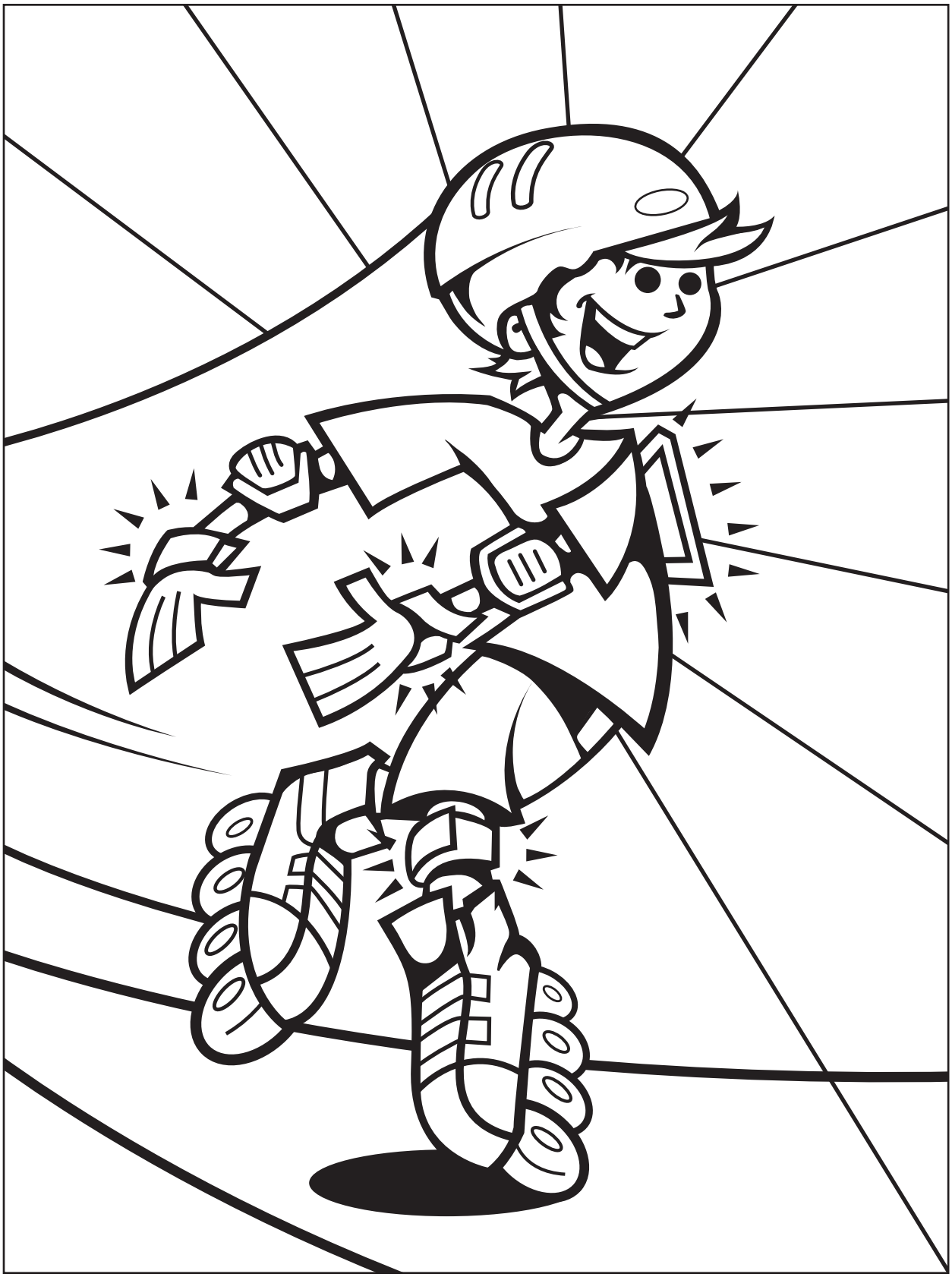
HELMET	KNEE PADS	BRAKES	ROAD
SKATEBOARD	ELBOW PADS	AWARE	SLOW
BIKE	RIDE	SAFETY	ALERT
SCOOTERS	REFLECTORS	DRIVERS	
STRAP	CROSSWALK		

S B C R O S S W A L K C I E N K G A
V L E E B I K E O W Y V A P C N I W
W N O E I B A Z B E G T H U W D R A
W U S W M B T O E H Q S L O T R X R
N E H E L M E T Q R I D E P E I V E
R N S W L H B N W E O S I R H V O E
P O W N E O O D A F E W N S I E L N
Z I A O L W A N S L E I T T E R I O
B O S D B I R A Y E E W X R B S I T
R Y U E O W D K X C O R S A F E T Y
A K L E W N B D S T L O T P I U W S
K N E E P A D S K O N F J Q D F T R
E N S W A H B N W R O S I R H N O E
S P W A D Q W V H S C O O T E R S I
U I V B S U Q T S G D R E F P O N S



Stop and look both ways before crossing a street.
If traffic is coming, be patient and let it go first.

Place reflectors on the front, back and sides of your bike, skateboard and scooter.



Wear reflective materials too so drivers can easily spot you.

Look out for things like cracks and potholes while riding.

Bikers: have parents check your brakes and make sure the tires are inflated.

Q&A Guide for Parents on Bike Safety and Their Children

Q: I'm going to work with my child on learning how to ride a bike. What's the most important thing to start with?

A: Check the bike first! This is especially important if it is a used bike, but new bikes can be set up improperly too. Ensure the handlebars are tight, brakes work, and your child can safely reach them both. Check the seat height, making sure it is secure.

Q: What should I teach my child first, or in what order?

A: Children must learn their basics first, that is, balance and coordination. When they can balance and coast, teach them how to pedal. Then move on to starting and stopping in a straight line; small turns, then big turns, then sharper turns and circles; responding to your directions. Have them ride a little faster as their confidence and ability improves. Children can't and shouldn't be thinking about rear scans, or shoulder checks, and definitely not signaling, until they have the ability to just ride their bike safely.

Q: What should be the goals for my child, before they ride on the road?

A: 1) A bike in safe working condition that fits properly, 2) A safe and properly fitting helmet, 3) Learned the basic ability to start, stop, turn, and ride in a straight line, 4) Know and understand the "rules of the road", and 5) Have the maturity to follow them consistently.

Q: Is the sidewalk the safest place for my child to ride their bike?

A: Sidewalks are designed and regulated for slower moving pedestrians. Normal traffic laws do not apply on sidewalks, so motorists never know where to look for or expect cyclists. Every driveway and alleyway is an intersection and a potential crash site. Teaching your children how to ride on the roadway as part of traffic as soon as they are able to comprehend is the best. If they can't understand traffic on the road, remember is it actually more unpredictable and complicated on the sidewalk.

Q: How old does my child need to be to ride on the street?

A: Age isn't as key here as ability and maturity. Some children as young as 6 or 7 years old may be very capable of riding on the road, but generally 10 years of age is considered a good starting point.

Q: If I am riding my bike in the street, do I have to follow all the traffic law, including stopping at stop signs and signaling turns?

A: Yes, always.

Q: Should I let my children choose their own helmets as long as it fits?

A: If it looks cool and they like it, there is a greater chance that they will wear it.

Q: Does it matter what kind of helmet my child (or I) uses?

A: YES – she should wear a CPSA approved helmet designed for bicycling. Ski, hockey or other helmets may be better than no helmet, but won't provide protection for the needs of a bicyclist as well as a bike helmet will.

Q: How long does a helmet last before it needs to be replaced?

A: Helmets should be replaced as soon as they have been involved in a crash, hard hit or impact. Helmets are designed for one crash and even though you may not see any damage, they will not absorb the impact of a crash as well or may have hairline cracks invisible to the human eye.

Q: Is it OK if stickers are put on my (or my child's) helmet?

A: Yes. In fact stickers are a great way for your children to take greater ownership of the helmet and make it their own, and hopefully, wear it every time they ride.

Q: Which is more important, a front light or a rear one (or reflector)?

A: Both are important and should be used at all times during dusk or in the dark. Most states require a front light but allow the use of a rear reflector. This is because when riding on the right with traffic (the law in all 50 states) a car approaching from behind should be able to see the bicyclists if their reflector isn't obstructed. Headlights aren't so much for bicyclists to see where they are going but for others to see them. Riding without a headlight mean's drivers won't see you and surprising motorists is never a good idea. Be bright and be sure to use lights.

Q: How often should I get my kid's bike tuned up?

A: You should get your child's bike tuned up at least once a year and more often if he mentions problems with his brakes or shifting. Problems with the bike will be distracting and or present safety hazards.

Q: What is the best way to improve conditions in my community for bicycling?

A: Reach out to your Safe Kids coalition (log on to www.safekids.org) or your local bicycle advocacy organization.

Which Helmet for Which Activity?

ACTIVITY	TYPE OF HELMET
Wheeled Activity	
Bicycling (including low speed motor assisted) Roller & In-line Skating (Recreational) Scooter Riding (including low speed motor assisted)	Bicycle
BMX Cycling	BMX
Downhill Mountain Bike Racing	Downhill
Roller & In-line Skating (Aggressive/Trick) Skateboarding	Skateboard
Wheeled Activity – Large Motor	
ATV Riding Dirt- & Mini-Bike Riding Motocrossing	Motocross or Motorcycle
Karting/Go-Karting	Karting or Motorcycle
Moped Riding Powered Scooter Riding	Moped or Motorcycle

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