



BICYCLING SAFETY

Share the Road

Same Roads

Same Rules

Same Rights



The Chatham-Kent Police Service, Municipality of Chatham-Kent and the Cycle Chatham-Kent want all road users to be aware of road side safety and rules of the road.

RULES OF THE ROAD - DECISION MAKING

Bicycles are vehicles and it is important that bicyclist know and obey all road signs and know the important rules of the road:

- Always wear your helmet when cycling
- Ride in control
- Ride on the right hand side of the road, in the same direction as the traffic
- Stop, look both ways, and listen before entering a street from a driveway
- Stop at all intersections. Look all ways before proceeding
- Always look over your shoulder for traffic before turning or switching lanes
- Demonstrate proper hand signals and use them when turning or stopping
- Pedestrians have the right of way over bicycles
- When crossing at a pedestrian crosswalk, get off your bike and walk
- Ride in a straight line at least one metre away from parked cars
- Do not swerve in and out of spaces between parked cars
- Do not “double ride” on a bicycle built for one
- Ride in single file
- Identify important road signs
- Demonstrate problem-solving skills and decision-making skills related to bicycle safety

I IDENTIFY the problem

D DESCRIBE all the possible solutions to the problem

E EVALUATE each solution (what is good or not good about each solution)

A ACT on the best solution (choose the best solution and try it)
(Canadian Public Health Association)



Helmet Safety - Wear It Right Every Time:

To make sure the bike helmet is worn correctly, remember the 2-4-1 rule:

- 2 fingers above the eyebrow to the bottom of the helmet
- 4 fingers to make a V-shape around the bottom of each ear
- 1 finger under the strap beneath the chin



For a correct and safe fit, also make sure that:

- The straps lie flat against the face.
- The helmet fits snugly. Different helmets fit differently so buy one that fits your head.
- Use or remove the pads that come with the helmet to adjust the fit, as needed.
- Helmets are replaced every five years or if they have been involved in a crash.
- The label inside the helmet states that it meets safety standards (such as CSA, CPSC, Snell Memorial Foundation or ASTM.)

When You Should Replace a Helmet

- After a crash/impact
- Every **3 years** (There may be non-visible damage)
- If unapproved paint or stickers have been used. Some paint and stickers can damage the helmet by eating into the shell. **Only use paint or stickers that come with the helmet.**
- If the helmet no longer fits

Your bicycle helmet should have:

- A plastic or Fibreglas outer shell.
- An inner liner of shock absorbent material.
- An assortment of foam pads inside the helmet to ensure a proper fit.
- Ventilation to stay cool.

Prevention of Brain Injury...



- Wearing a bicycle helmet reduces the risk of head injury by 85% and brain injury by 88%.
- Brain injuries do not heal like cuts or bruises. A brain injury can lead to death or permanent disability.
- A cyclist always needs the protection of a helmet.

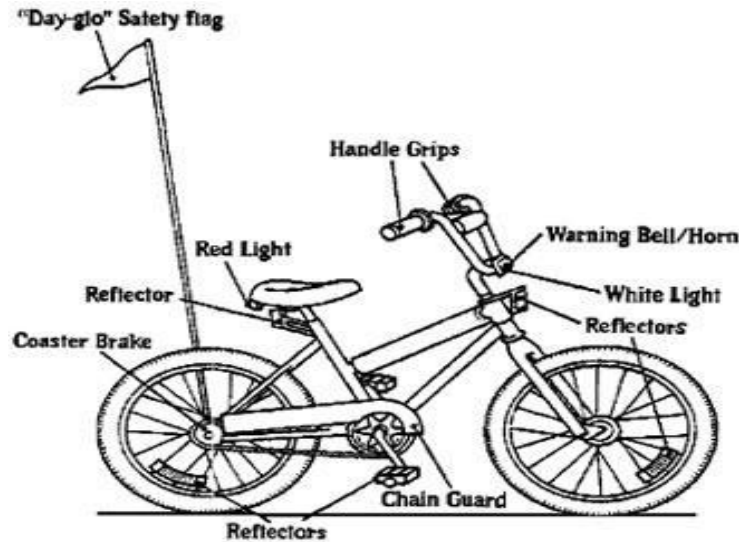
If parents wear a helmet, their children are 100 times more likely to wear helmets.

Bike Safety Check

Cyclists should be able to put both feet on the ground while straddling the bicycle frame. There should be a space between the top tube and the body when standing. When sitting on the bicycle seat, cyclists should be able to touch the ground with both feet – toes touching are all right.

- **ABC Check:** The ABC Check is a quick way of checking your bike to see if it is safe to ride.
- **A is for Air** - Check the tires and wheels.
- **B is for Brakes** - Check to make sure the brakes work.
- **C is for Chain** - Check to see if the chain is tight and oily looking.
- **Check is for - Final Check** - Pick the bike up a few centimetres off the ground and then drop it. Listen for any unusual sounds and look to see if anything is loose.

Equipment Required by Law for Bicycles



1. Helmet – Cyclists under 18 must wear a helmet. Helmets are strongly recommended for cyclists over 18.
2. Lights and Reflectors –A white light mounted on front of your bike and a red reflector on the back at night.
3. Bell or Horn.
4. Reflective Tape – White reflective tape on the front forks, red reflective tape on the rear stays.

Bike Parts

SIZE

- Can straddle frame with feet flat on the ground

WARNING DEVICES

- Horn or bell

SPOKES

- None missing/broken
- Tight and straight

LIGHTS AND REFLECTORS

- White front light and rear red light or reflector, if riding between $\frac{1}{2}$ hour before sunset and $\frac{1}{2}$ after sunrise.
- Reflective tape – white reflective tape on the front forks, red reflective tape on the rear forks

HANDLE BARS

- In line with wheel
- Tightly fitted
- Grips tight
- Tubing ends covered
- Proper height (in a normal riding position hands should rest lightly on the handlebars)

BRAKES

A. Coaster brakes:

- Stops quickly and evenly

B. Hand Brakes:

- Cable condition (not rusted or frayed)
- Stops quickly/evenly
- Pad condition (not worn out, complete contact with wheel rim when brakes are on)

FRONT WHEEL

- Little or no wobble
- Spins easily
- Tire full of air
- Treads easily seen

SEAT

- Proper height (both feet can reach the ground when sitting on the seat— touching with your toes is OK; leg is almost straight when heel is on pedal at lowest point)
- Tight and straight

CRANK ASSEMBLY

- Chain condition (no rust; not loose)
- Pedal tread not worn
- Pedal tight, spins easily
- Gears change easily and do not slip out of place
- Recommendation: Your local bike shop can tune up your bike to ensure it is safe and in the proper working order.

REAR WHEEL

- Little or no wobble
- Spins easily
- Tire full of air
- Even tread

