



A KID'S GUIDE TO SMART BICYCLING

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A Kid's Guide to Smart Bicycling is produced and published by Georgia Bikes, Inc., a non-profit organization promoting bicycling and working to improve bicycling conditions throughout Georgia.



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www.georgiabikes.org

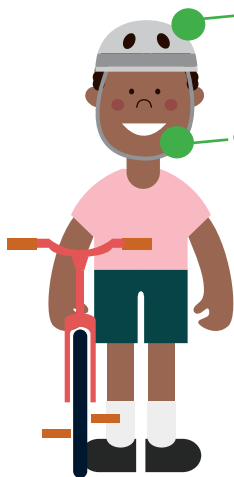
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GEORGIA CODE QUICK REFERENCE

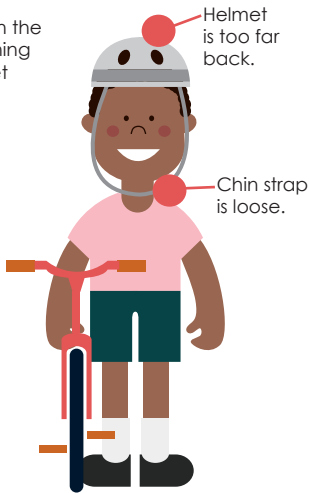
- Bicycles are vehicles. Riding a bicycle means that you must learn how to ride in a safe way with cars, pedestrians, and other users of the road and sidewalks.
- Anyone under the age of 13 are allowed to ride a bicycle on the sidewalk.
- When riding on the road, a bicyclist must travel in the same direction as motor vehicle traffic, even when in a designated bike lane.
- Bicyclists may lawfully ride two abreast.
- Motor vehicle drivers must provide at least three feet of safe passing distance when following, overtaking, and/ or moving in front of a bicyclist.
- Bicyclists should obey all traffic signs and signals.

HELMETS

It is important to wear a bicycle helmet that is fitted for you.



Yay! **GOOD FIT!**



NO! BAD FIT!

BIKE FIT

It is important to ride a bicycle that is fitted for you!



You should be able to:

- Grip the handlebars without reaching
- Pedal with a solid stroke
- Have a slight bend at knees and elbows.

ABC QUICK CHECK!

Always check your bike to make sure it is safe before riding!



AIR

Make sure tires are properly inflated.



BRAKES

Test brakes and make sure pads aren't too worn.



CHAIN

Make sure your chain is clean and free of debris.



QUICK RELEASE

If your bike has quick release levers on your wheels, make sure they are closed.

CHECK BIKE

Inspect bike for any loose or broken parts.

***If you do hear any sounds coming from your bike, before riding, identify where it is coming from and repair if attention is needed!**

LEARN AND FOLLOW RULES OF THE ROAD



BE VISIBLE

Be visible. Wear bright or light colored clothing. Have working lights and reflectors on your bicycle.

BE AWARE!

Look out for motorized vehicles, bicycles, pedestrians, animals, sidewalk and street conditions.



Listening to music and talking or playing will make you distracted and unable to see what is happening around you.

DON'T RIDE AT NIGHT!

If riding at night, ride with an adult.



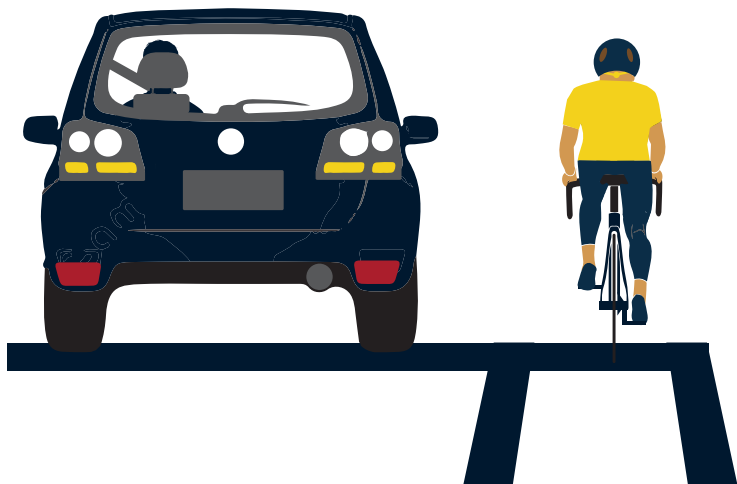
Be sure to have on **lights, reflectors and reflective materials** on your **ankles, wrists, back** and **helmet**.



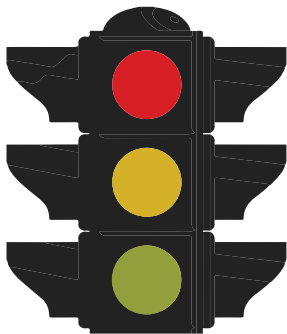
KEEP YOUR CLOTHING FREE OF THE CHAIN, WHEEL AND PEDALS.

- In what ways are you visible?
- What is your route?
- Is your clothing on properly and won't get stuck in the pedal, wheel, or chain?

RIDE IN THE SAME DIRECTION AS TRAFFIC



OBHEY ALL TRAFFIC SIGNS AND SIGNALS



STOP

SLOW, STOP.

**GO (LOOK BOTH
WAYS BEFORE
CROSSING).**



Stop. Go in the order of arrival; first come, first to move.

BE PREDICTABLE

Ride in a straight line, don't weave on the roadway, bike lane or sidewalk. Others will know your planned direction of travel.



YES!



NO!



BE NICE TO PEDESTRIANS

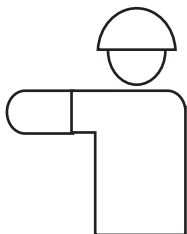
When riding on the sidewalk, show respect and yield to pedestrians.

When passing, either ring your bell or say “passing”.

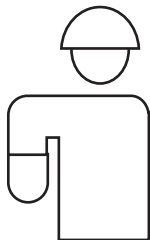
Always slow down and pass on the left.

HAND SIGNALS

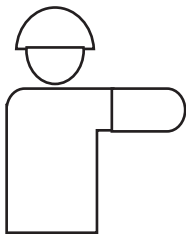
Signal your turns and stops when safe.



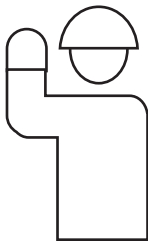
LEFT



STOP



RIGHT



RIGHT

DON'T
CALL OUT
CLEAR!

Don't call out "Clear!" when going through an intersection. Each person will need to look for themselves. What is clear for you may not be clear for another person.



WHAT IS BLOCKING THE BICYCLIST FROM VIEW?

Remember that just because you see a driver, the driver may not see you.

- Stop at all intersections.
- Look left, right and left again before entering the crosswalk or the roadway.
- Only enter an intersection or crosswalk when cars are either stopped or there is a BIG gap large enough for you to get across the street.



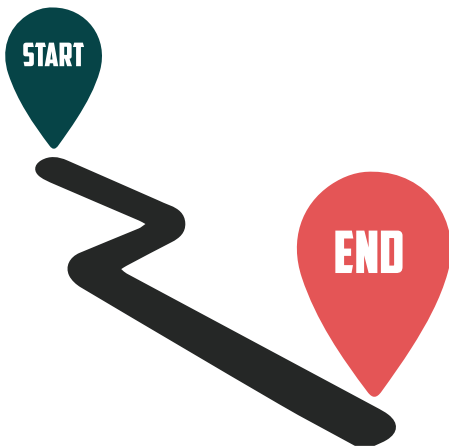
BIKING WITH FRIENDS

When riding with friends, make sure you all have the same **Ride Plan**.

- **Where are you going?**
- **How will you get there?**
- **What hand signals will you use?**
- **What will you do at intersections?**

MAKE A ROUTE

Practice making routes to your destinations with a trusted adult.



Possible destinations might be your school, library, park, or a friend's house.

Find streets that are low volume, low speed roads, trails, or sidewalks.

LABEL YOUR HELMET

Instructions: Fill out the label on the reverse side, and tape into your helmet.

- Your name
- Any medical concerns and/or allergies
- Emergency name
- Contact number.

IDENTIFICATION CARD

Name:

Address:

Medical Concerns:

Allergies:

Emergency Contact Name:

Emergency Contact Number:

WHAT TO DO IF THERE IS A CRASH

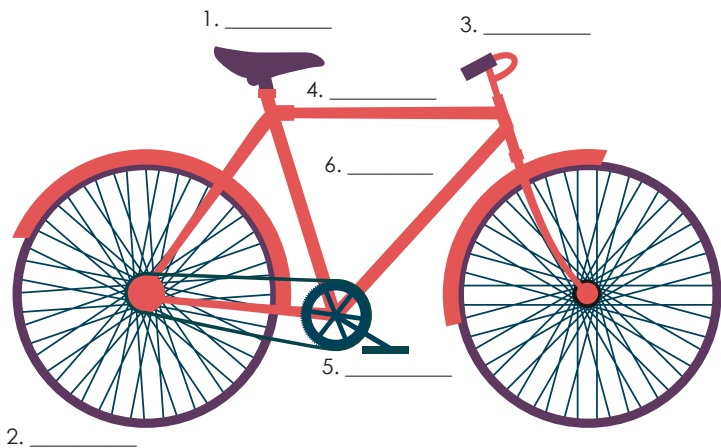
NOTE: The points below are for general guidance, not legal advice for dealing with the aftermath of a crash. Read so that you know options. **Have someone to contact your emergency contact/ parent or guardian (their name and phone number will be labeled in your helmet).**

If seriously injured, get medical assistance immediately!!

Have your parents or guardians to do the following:

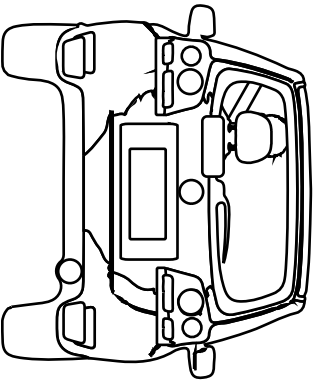
1. Record the facts. Date, time, location, names and contact information, insurance information, and name and contact of witnesses.
2. Take photos and record a video of the incident.
3. Hang on to relevant documents. Notes, police report, medical evaluations, insurance forms, property damage estimates, and any written or electronic mail.
4. Follow through on insurance claims. The vehicular driver's insurance company may deny your initial claim.
5. If necessary, retain a personal injury attorney who specializes in bicycle crashes. Bruce Hagen of BikeLaw.com or 404-522-7553 is an excellent resource.

PARTS OF THE BICYCLE



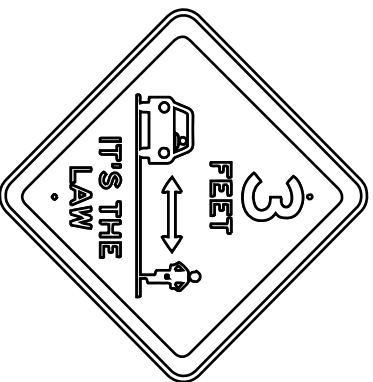
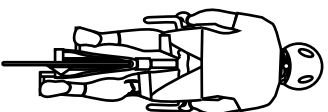
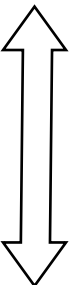
1. saddle 2. wheel 3. handlebar 4. top tube 5. pedal 6. down tube

PASS WITH CARRE



3

FEET



Give bicycles

3

FEET

when passing