

Name: \_\_\_\_\_

## Bicycle Safety

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Mike was in the second grade. He was excited about school today. His father and brother were coming to visit. Why? Well, they had a very important lesson to share. Today was safety day at school.

At 10 o'clock, Mike's class and all of the other classes went into the gym. They sat down. The teachers got all of the children to be quiet. When it was silent, the principal walked onto the stage. She explained that Mike's brother and father would be teaching everyone about bike safety.



Now some of the children laughed because they didn't think there was anything to know about bikes. They had been riding bikes forever! They changed their minds when Mike's brother, Joe, and his father went on the stage. You see his father was pushing Joe in a wheelchair! The students could learn a few things from him.

Joe explained that he had been hit by a car while riding his bike. He couldn't walk anymore, but he was lucky he didn't die. Some of the students still didn't think this could ever happen to them, but they kept listening. Joe told his story. The car hit him very close to home. In fact, he was coming out of his driveway on a very quiet street, but he didn't stop to look. He didn't see the car driving down the block. He was hit right then and there. The children in school asked some questions about what it was like to be in a wheelchair. He answered the questions honestly.

Then Joe and Mike's father spoke. He talked about the fun of riding a bike. It's great to ride around the neighborhood or around the park. It's healthy for you, too. The most important thing, though, is not to stop riding, but to be careful and follow some simple safety rules.

1. First of all, always wear a helmet. This means ALWAYS, even if you will be really close to home. In fact, most bike crashes happen close to home. Make sure it is a bicycle helmet. Some injuries are from hitting things that don't move like a tree. Not all accidents are with cars. A helmet is always important.

2. Make sure your bike is right for you. You should be able to sit on the seat with both feet touching the ground. Make sure your bike has a reflector and good brakes.

3. Always ride on the right side of the road with the flow of traffic. Never ride out into a street without stopping first. Stop. Look both ways. Look again. Never just follow someone into a road.

4. Use hand signals. Respect traffic signals. Check behind you before turning.

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5. Ride only in safe areas.

Mike's father ended his speech by telling the children to have fun, but stay safe. The children had learned a lot.

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# Questions

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- \_\_\_\_\_ 1. A bicycle helmet can save your life.
  - A. True
  - B. False
  
- \_\_\_\_\_ 2. It is safe to ride a bike that is too small for you.
  - A. False
  - B. True
  
- \_\_\_\_\_ 3. It is ok not to wear a helmet if you are riding your bike on a driveway.
  - A. True
  - B. False
  
- \_\_\_\_\_ 4. Ride against the traffic.
  - A. False
  - B. True
  
- \_\_\_\_\_ 5. Bicycle riding can be fun and safe.
  - A. True
  - B. False
  
- \_\_\_\_\_ 6. Make sure your bike has a reflector.
  - A. False
  - B. True

