



# Tips for Biking Safely to School

To ride a bicycle to and from school alone, children must be mature enough (minimum 9 – 12 years old), and must have enough experience. The rider should be able to scan ahead and check behind without swerving.

## To ensure safe cycling, young cyclists must

- Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in).
- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea to have a safety flag.
- Know and obey all traffic rules, signs and signals. They must signal turns and stops. They must ride in a straight line in the same direction as traffic and stop at every stop sign.
- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.
- Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

Sizing	Age
 ✓ Can stand clear of frame ✓ Toes can touch ground	 ✓ Under 10 adult supervision only  ✓ 10+ on road only after training
<b>Safety and Equipment</b>  ✓ All riders should wear helmets — <b>The law</b> - children under 18 must wear a certified helmet ✓ <b>The law</b> - must have a bell or horn ✓ Brakes that work (make sure children can use) ✓ Wear closed toe shoes ✓ Use a bike lock ✓ Handlebars and seat tight ✓ <b>The law</b> - must have reflectors, white at front red at rear and a white front light and red rear light for nighttime riding ✓ Tires inflated, good tread ✓ Chain oiled not loose	
<b>Learning</b>  ✓ Practice stopping  ✓ Practice turning  ✓ Control speed  ✗ Children should NOT ride at night  ✓ Know rules of the road	
<b>Signalling</b>  Left turn  Stop  Right turn  Alternative right turn	

Sources: Canada Safety Council, and City of Hamilton