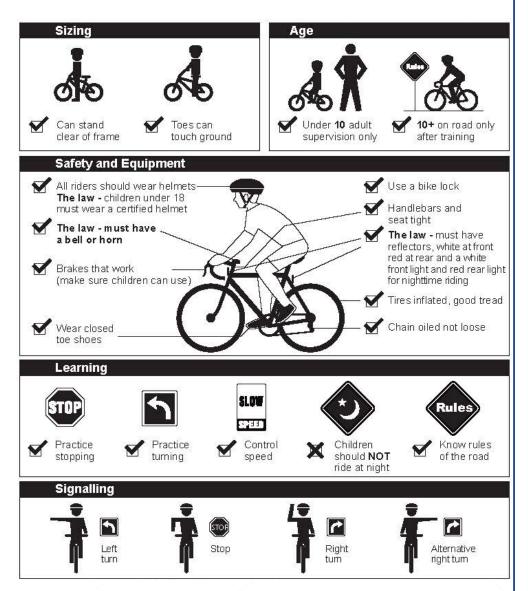


Tips for Biking Safely to School

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.



Sources: Canada Safety Council, and City of Hamilton

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.

