

Bike Safety Tips



Bring your child when shopping for a bicycle to make sure it's the right size — not one they'll have to “grow into.” The child's feet should be able to touch the ground when sitting on the seat. Before using a bicycle, always make sure it's ready to ride by inspecting that all parts are secure and working properly.

SEE AND BE SEEN

Whether riding at sunrise or sunset, or even during bad weather, you need to be seen by others. Wearing white doesn't mean it's easier to see you. It's best to wear neon, fluorescent or other bright colors, or something that reflects light, such as reflective tape or flashing lights so you can't be missed. Remember, just because you can see a driver, it doesn't mean the driver can see you.

CONTROL YOUR BICYCLE

- Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack
- Cycling should be restricted to off-roads (sidewalks and paths) until age 10
- Adult supervision of child cyclists is essential until they've learned good traffic skills and judgement
- Children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic

- Always model and teach proper behavior
- Learn the rules of the road, and obey all traffic laws
Learn the [rules of the road in Denver County](#)
- Ride on the right side of the road, with traffic, not against
- Stay as far to the right as possible
- Use appropriate hand signals
- Respect traffic signals, stopping at all stop signs and stop lights
- Stop and look left, right and left again before entering a street or crossing an intersection
- Look back and yield to traffic coming from behind before turning left

WATCH FOR AND AVOID ROAD HAZARDS

Be on the lookout for hazards that could cause a crash such as potholes, gravel, broken glass, leaves, puddles and dogs. If you are riding with friends and in the lead, yell out and point to the hazard to alert riders behind you.