



Bicycle Road Rules

If you're allowed to ride on the street, follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. **Never** ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey street (red) lights just as cars do.
- Ride single file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

Helmets Should Also Be Worn When:

Skateboarding*	And when participating in
Scooters*	contact sports like:
Skating*	Football*
Horseback riding	Baseball*
Snowboarding	Boxing
Skiing	
Snowmobiling	

* Also recommend elbow and knee pads and in some cases other additional safety gear.

Riding the Bus



1. Get to the bus stop at least five minutes early.
2. Line up at least five **giant** steps away from the street.
3. Wait until the bus stops and it is safe to get onto the bus.
4. Make sure that your backpack; bookbag or clothing straps are not dangling so they don't get caught in the bus handrails or doors.
5. If you have to cross the street in front of the bus, walk on the sidewalk or along the road to a point at least five giant steps ahead of the bus before you cross. Look left-right-left, and wait until it is safe before you cross.
6. **NEVER** walk behind the bus.
7. Walk at least five **giant** steps from the side of the bus. If you drop something near the bus, tell the bus driver. **NEVER** try to pick it up, the bus driver cannot see you when you bend down.

Riding in a Car



1. Riding in a car is fun, but you have to be safe, too! Do you know how to buckle up for safety? Ask an adult to make sure that you are safe and ready to go!
2. Make sure that everyone else is buckled up, too.
3. If you are 12 years old or younger, then you are very special! You get to ride in the back seat! It's the safest place for kids to be when they ride in the car.
4. Be sure to use a booster seat until you are 4 feet 9 inches tall. It's the law. Plus, they help you see outside better.

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RULES OF THE ROAD



★ BICYCLE SAFETY ★

★ HELMET FITTING ★

★ RIDING IN CARS & BUSES ★

★ PROPER HELMET FITTING ★

Why Is Bicycle Safety So Important?

- Up to 300,000 kids go to the emergency department because of bike injuries every year.
- Some of these injuries are so serious that children die, usually from head injuries.
- Head injury can mean breaking the skull or brain injury.
- Wearing a helmet provides protection for your head and brain in case you fall, hit something or something hits you.

A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride! Wearing a helmet can reduce the risk of injury by 85%.

Choosing a Helmet

Bike helmets are so important that the U.S. government has created safety standards for them.

- Your helmet should have a sticker that says it meets standards set by the **Consumer Product Safety Commission (CPSC)**.
- **Always** wear a bike helmet, even if you are going for a short ride.
- Your bike helmet should fit you properly. If you're unsure if your helmet fits you well, ask someone at a bike store.

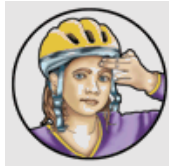
Fitting Your Helmet

Step 1 Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



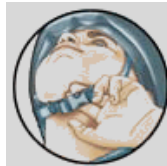
Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

When to Replace a Helmet.

Replace any helmet that has been involved in a crash, or is damaged.

The Helmet Should Fit Now.

Buy a helmet that fits your head now, not a helmet to "grow into."

Replace any helmet that has been outgrown.

The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

The Helmet Must Cover Your Forehead.

The Chin Strap Must Be Snug and Properly Adjusted.

The Helmet Should Not Rock Forward or Backward on Your Head. If it does, see step 6.

Choose the Right Size Bike!

Riding a bike that is the right size for you also helps keep you safe.

Start by straddling the top bar of your bike so that both feet are flat on the ground.

There should be 1 to 3 inches of space between you and the top bar.

Safety Checklist

- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.
- Wear bright clothes and put reflectors on your bike so you can be seen when the sun isn't shining.
- Wear the right clothes so nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces.
- Wear the right shoes — sneakers — when you bike. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot!
- Avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

Where to Ride

You need to know where you're allowed to ride, how far you're allowed to go and whether you should ride on the sidewalk or in the street.

Kids younger than 10 years should ride on the sidewalk and avoid the street if possible.

Keep an eye out for cars and trucks. Even if you're just riding on the sidewalk, a car may pull out of its driveway into the path of your bike.

Walk your bike across the street.

Use a bike path free of cars if there is one and share it with the other riders, walkers, and strollers who also might be using it!

If you're going on a long ride, bring some water along with you.

Keep an eye on the road ahead so you can be prepared for big hills and things in the road that can cause falls like wet leaves, big puddles, gravel or rocks, curbs, or people!

NOTE TO PARENTS

This can be a difficult topic to talk about. However, statistics show that outcomes are improved when children are prepared for these types of situations.

STRANGERS ARE:

- Someone you do not know.
- Someone you are unsure if they may be harmful to you or not.
- Sometimes strangers are people you have seen or do know. People in the neighborhood; friends of the family; family members.
- They can be anywhere – in the park, at your school, on the internet, or any other place you might be.

WHAT DO STRANGERS LOOK LIKE?

- They may look very nice and friendly.
- They may be old or young.
- They may be a man or a woman.
- They may be with their families or friends.

SAFE ADULTS ARE GROWN-UPS YOU KNOW AND CAN TRUST LIKE PARENTS, POLICE AND FIREFIGHTERS!

RULES ABOUT STRANGERS

1. *Never Take Rides from Strangers!*

A stranger may offer you a ride or stop to ask a question. The stranger may even call you by name. That is a trick. No matter what a stranger says, NEVER go near a stranger's car. STAY AWAY!!

2. *Never Take Gifts from Strangers!*

A stranger may offer you a gift. NEVER take a gift or candy from ANY stranger!

3. *Always Go Straight Home After School!*

4. *Always go home the same way!*

5. *Always Let Your Parents Know Where You Are!*

When playing away from home, let Mom or Dad know where you are. Never play in deserted areas, and ALWAYS play in groups.

6. *Always Get Help If There is Trouble!*

If you are grabbed or touched by a stranger, RUN AND SCREAM, and tell your Parents right away. If you see a stranger grabbing a friend, remember as much as you can about what the stranger looks like. If the stranger is in a car, write down the license plate number of the car.

7. *Never Open the Door To A Stranger!*

If you are playing at home and someone knocks at the door or rings the doorbell, NEVER open the door to a stranger!



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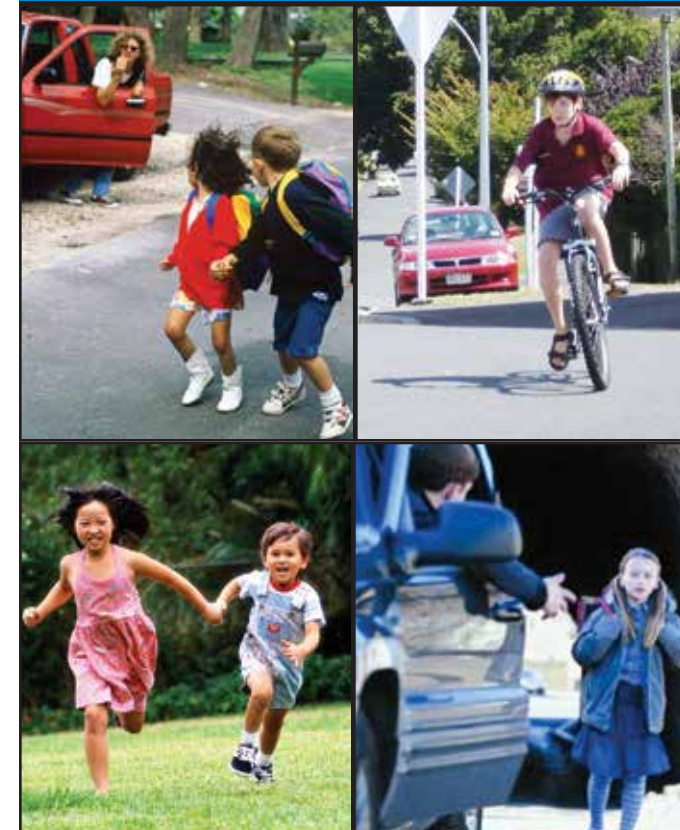
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SAFETY AROUND STRANGERS



HOW TO BE SAFE

- Always stay in groups, even in public places like parks, stores and malls.
- Never take short-cuts away from the public.
- Never separate from groups in areas like stores, fairs, theme parks!
- Remember, your safety comes first!



THINGS STRANGERS DO TO GET YOU TO COME WITH THEM

- Give gifts.
- Ask for help.
- Act like your friends.
- Create isolation and separate you from friends and family.
- Act lonely or sad to get you to talk to them.
- Give you a lot of attention.
- Earn your trust.
- Encourage you to tell secrets to them.
- Make you keep secrets they tell you.
- Get angry when you don't do what they ask you to do.
- Threaten you.

WHAT DO YOU DO IF A STRANGER WANTS TO TALK TO YOU?

GROWN UPS SHOULD NEVER ASK KIDS FOR HELP!

- Say NO! and walk or run away.
- Go to a safe adult.
- Yell LOUD FIRE! GUN! NO! *anything* to get attention so someone will know you need help.
- Throw dirt or rocks at their face.
- Kick, bite, poke them in the eyes and RUN.
- Never panic.
- Always tell a SAFE ADULT if someone you do not know tries to talk to you or touch you.
- Never be ashamed or embarrassed.

WHAT IF THEY GRAB YOU?

DO NOT COOPERATE!

- Stop walking and DROP like a bag of potatoes.
- If you are carrying something hit them with it and run!
- If you are on a bike DO NOT let go of it!
- DO NOT let them take you!

WHAT DO YOU DO IF THEY GET YOU INTO THEIR CAR?

NEVER PANIC!

- Pull on the steering wheel.
- Climb on top of their head.
- If you are on the floor try to pull the keys out of the ignition.
- Try to make yourself visible in a window.

IF YOU ARE IN THE TRUNK OF A CAR:

DON'T PANIC!

- There is a button or handle near where the trunk opens, try to feel for it to open the trunk.
- Feel for tools you may be able to use to pry open the trunk.
- Find something to pull out the tail lights and wave an arm or leg out of the hole.

WHAT IF SOMEONE HAS YOU ALONE IN AN ISOLATED AREA?

DON'T PANIC!

- Tell them they haven't done anything wrong yet, it's not too late to let you go.
- Plead, or cry without getting them angry.
- If they get angry, learn quickly what makes them angry and don't do it.
- Study the area and look for a way out, make a plan in your head and when the time is right RUN!
- Try to get to a phone and dial 911.



IF YOU CAN GET AWAY:

- Step on rocks so your footprints can not be followed.
- If you are being chased and find an opportunity to hide:
 - Be still and listen for their footsteps.
 - Breathe through your nose and not your mouth.
 - Cover yourself with dirt and lay still, even if they are nearby until it is safe.

SAFE PLACES TO RUN TO:

- Nearby houses that it looks like the owners are home.
- Stores, anywhere with a phone, and scream Call 911.
- Busy streets.
- Be careful, they may be looking for you.

WHAT TO DO AFTER YOU GET AWAY

TELL A SAFE ADULT!

- DO NOT feel embarrassed or ashamed!
- Never keep secrets!
- Know there are people that want to help you!

PREVENTION

- Always tell your family where you are going.
- Always stay in a group of friends.
- Never wander from an organized group.
- Carry a cell phone if you must walk by yourself.
- Arrange to practice wrestling with your family.
- Practice how to not panic.
- Have your parents show you the buttons and handles to release the trunk lock.
- Play a game with your family when you are at an outing of how to escape from the room or area.
- When you drive by houses notice the difference between owners that are home and owners that are not home.