

Bicycle safety tips for kids



Going for a bike ride is a great way to get exercise and spend time outdoors. Make sure kids are prepared – and stay safe – by following these tips.

What to wear

- Kids of all ages (adults too) should wear bike helmets; they reduce the risk of brain injury by 88%.
- Brightly colored and reflective clothing helps drivers see you at all times.

What to ride

- Ride a right-sized bicycle; your feet should be able to touch the ground when sitting on the seat.
- Only ride bikes that are tuned up and working properly with good brakes, gears that shift and fully inflated tires.

When to ride

- Ride during daylight hours. Lights and reflectors will help others see you if it gets dark.
- Only ride in good weather. Avoid riding when it's rainy, windy or foggy.

Where to ride

- Kids under age 10 should only ride on sidewalks, bike paths and in parks.
- Kids over age 10 should ride on the right side of the road close to the curb.

What to do when riding

- Use hand signals before turning or changing lanes.
- Yell out, "On your left!" when preparing to pass.
- Yield to walkers and obey stop signs and red lights.



*Left turn:
Extend left
arm out
straight.*



*Right turn:
Extend left arm, bent
up at a right angle or
extend your right arm
out straight.*



*Slowing or
stopping:
Extend left
arm, bent
down at a
right angle.*



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