



Sports And Fitness

Riding Your Bike Safely

Riding your bike is a great way to get some exercise! From first learning to ride a tricycle to the celebrated arrival of the two wheeled bike, it is something that can also be viewed as an achievement. Riding a bike develops coordination, balance, works the muscle groups as well a keen form of transportation.

It is very important when riding your bike you observe some safety rules and precautions to keep your self safe. The following are some general rules to follow.

1. Protect your head and wear a helmet. Wear one that fits snugly and sits flat on the head. Extra padding comes with children's helmets to ensure a proper fit. Bicycle helmets reduce head injuries as most serious injuries are to the head.
2. Assure bicycle readiness. Make sure your bicycle is adjusted properly. Before using your bicycle, check to make sure all parts are secure and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure. Install a carrier to the back of your bike if you need to carry things with you.
3. Always check your brakes before riding. Control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brake slightly before the front brake. Always keep your brakes adjusted. Ride slowly in wet weather and apply your brakes earlier because it takes more distance to stop in wet weather.
4. See and be seen. Wear clothes that make you more visible. Always wear neon, florescent or other bright colors when riding a bicycle.
5. Avoid biking at night. It is more dangerous to ride at night than during the day. Most bikes are equipped for daylight use and need to be adapted for night use.
6. Stay alert. Always look for obstacles in your path. Watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, drainage grates or anything that can make you fall.



7. Go with the flow. The safe way is the RIGHT way. Ride on the right side in a straight path. Always go single file in the same direction as other vehicles. Be aware of your surroundings and stay off busy streets.
8. Check for traffic. Always be aware of what is around you before entering any street or intersection. Walk your bike when crossing a street watching for left or right turning traffic.
9. Learn the rules of the road. Obey the traffic laws. Bicycles must obey the same rules as motorists. Learn and follow all the traffic signs, laws and rules. Signal your moves. Be courteous to pedestrians. Never wear headphones while riding a bike. Take advantage of bike lanes and off road paths.
10. When stopping always lock your bike.
11. Do not do stunt tricks, ride double or hitch rides. It is important to make good decisions when riding a bike.