



## TIPS & RULES

### DO'S:

- Always wear a bike helmet; the most serious bike injuries are to the head.
- Try to keep your bike in good shape.
- Always let cars and people go first.
- Slow down and check traffic at all corners.
- Keep both hands on the handlebars except when doing turn signals.
- Walk across busy streets.
- Stay off busy streets.

### DON'TS:

- Don't stunt!
- Don't ride double!
- Don't hitch rides!
- Never go in and out of traffic!
- Never go between two cars!

## Test Your Safety Skills with the Bicycle Safety Word Search

### FIND 10 BIKE SAFETY WORDS



### WORD FIND LIST:

- Curbs
- Flag
- Gears
- Helmet
- Pedals
- Repair
- Ride
- Signal
- Vehicle
- Yield

# BICYCLE SAFETY



**BURLINGTON COUNTY  
SHERIFF'S OFFICE**

**Sheriff James H. Kostoplis**

**Community Outreach Unit  
609-265-3788**

## GO WITH THE FLOW - RIDE ON THE RIGHT SIDE OF ROAD WITH TRAFFIC

Always ride on the right side of the road, with traffic. Ride single file in a straight, predictable path. Riding against traffic puts you where motorists don't expect you. Ride as closely as you can to the right-hand side of the road, or on the highway shoulder. On a one-way street, ride to the left curb side; where speeds are low you may ride in the lane with the other traffic.

## BICYCLES SHOULD BE SEEN & HEARD

Wear clothes that make you more visible. Wearing neon, fluorescent, or other bright colors when riding helps people to see you. New Jersey law requires that all bicyclists be equipped with a horn or bell. Use this equipment to alert drivers and pedestrians of your presence.

## AVOID BIKING AT NIGHT

It is far more dangerous to bicycle at night than during the day. Most bicycles are equipped for daylight use and need to be adapted for nighttime use. New Jersey law requires that bicycles be equipped with a white light on the front and a red light on the rear when in use during nighttime hours.

## USE CAUTION AT INTERSECTIONS

More than 70 percent of car-bicycle crashes occur at driveways or other intersections. Before you enter any street or intersection, slow down and look both ways to check for traffic. Always look left, right, and left again, and walk your bicycle into the street to begin your ride. Remember that you must have a full green light to enter an intersection controlled by a traffic light.



## WEAR A HELMET - IT'S THE LAW.

Never ride a bicycle without a helmet. New Jersey law states that anyone under the age of seventeen riding a bike, even as a passenger, must be wearing a properly fitted and fastened bicycle helmet which meets the standards of the Snell Memorial Foundation, the American Society of Testing and Materials (ASTM) or the U.S. Consumer Product Safety Commission. It's as important as wearing a seat belt in a car. If you have an accident, a good helmet will usually protect you against serious head injury. Cycling gloves will protect your hands from road vibration and scrapes in case of a fall. A child who violates this law will be warned of the violation by the enforcing official. The parent or legal guardian of the person also may be fined up to \$25 for the first offense and up to \$100 for a subsequent offense. Bicycle helmets should be used by everyone who rides, as helmets have been shown to reduce head injuries by 85 percent. For children, use the extra padding that comes with the helmet to ensure proper fit.



## BURLINGTON COUNTY SHERIFF'S OFFICE BICYCLE SAFETY PROGRAM

## OBEY ALL TRAFFIC LAWS, SIGNS & SIGNALS

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Always signal your moves. Be courteous to pedestrians and other vehicle operators. When making turns, signal at least 100 feet before you turn, using correct hand and arm signals. Before turning, check traffic in all directions and keep to the rear. As you signal, be sure to make eye contact with the driver(s) nearby, don't turn until you are sure that they see you. As you make the turn, keep both hands on the handlebars.



## MAKE SURE YOUR BICYCLE IS IN GOOD WORKING ORDER & PROPERLY ADJUSTED.

Make sure your tires are properly inflated. Check to see if all parts are secured and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure. Always check the brakes before riding. Ride slowly in wet weather and apply your brakes earlier - it takes more distance to stop.

***"BEFORE YOU START,  
BE HEAD SMART!"***

If you have any questions or would like to request additional information please call (609) 265-3788.

