

Bicycle Safety

Easy/Medium

Question: What should you always wear on your head when riding your bike?

Answer: A helmet

Question: True/False. Bike helmets greatly reduce our risk of head injuries when riding a bike, skateboard or when on roller blades.

Answer: True

Question: How should you take your bike across the street?

- a. Walk your bike
- b. Ride your bike
- c. Carry your bike

Answer: a, Walk your bike

Question: True/False. Front lights can help you see your path or make you more visible at night.

Answer: True.

Question: True/False. When riding your bike you must obey all traffic lights, signs, and signals like drivers in cars.

Answer: True

Question: What type of clothing should you wear when riding a bike?

Answer: Bright or retro reflective

Question: Is it okay to wear head phones when riding on a bike?

Answer: No, never wear headphones. You need to be able to hear traffic around you.

Question: True/False. Pegs on the back wheel of a bike are safe for kids to ride on.

Answer: False. Pegs are for stunts not extra riders.

Hard

Question: If you ride your bike in the street, what direction should you ride?

- a. With traffic
- b. Against traffic

Answer: a, With traffic

Question: True or False, You should use your arms as turning signals so that people can know what direction you are going.

Answer: True

Q. Name two important safety rules.

A. Don't double ride; ride on the right side of the road; walk your bike across a pedestrian crosswalk; use proper hand signals before turning, slowing down or stopping, etc.

Q. Who needs to wear a helmet when cycling?

A. Everyone. Everyone should wear one to protect their head.

Q. What should you do before entering the street on your bicycle?

A. Stop and look both ways, make sure nobody is coming, then proceed

Q. Is it safe for two people to ride on one bike?

A. No. Passengers are not allowed on a bicycle designed for one person

Q. Besides cyclists, which other professional athletes wear helmets while participating in sports?

A. Hockey players, football players, baseball players

Q. How should you ride when in a group?

A. In single file with plenty of room between riders

Q. Most injuries from bike riding occur less than 5 blocks from home. True or False?

A. True

Q. What should you do when you get to a traffic light and it turns yellow?

A. Stop

Q. Helmets should be worn only on long bicycling trips. True or False.

A. False. You need to wear your helmet every time you ride.

Q. When riding your bike what side should you pass pedestrians on?

A. On the left hand side

Q. Can a hockey helmet or other sporting helmets be used for biking?

A. No. A bicycle helmet is for biking, a hockey helmet is for hockey.

Q. You are outside cycling and it begins to get dark. What should you do?

A. Turn your light on or get off your bike and walk it home

Q. Most laws for biking are the same for driving. True or False?

A. True. Bicycles are vehicles (like cars), not toys.

Q. What are three hand signals you need to know when cycling? (Have students show you the correct hand signals).

A. Right turn - right arm straight out or left arm out and up (at a 90 degree angle)

Left turn - left arm straight out

Stop - Left arm out and down, palm facing back

Q. You should buy a bike you can grow into? True or False?

A. False. You need a bike that fits correctly. You should be able to straddle the bike with both feet firmly on the ground.

Q. Your helmet should sit flat on your head and be 2 finger widths above your eyebrows. True or False?

A. True

Q. If your bike helmet has been in a crash and you don't see any cracks, it is still okay to use. True or False?

A. False. If it has been in a crash, you need to get a new helmet.

Q. When buying a bike helmet, what should you look for?

A. Check to make sure the helmet fits your head and that it is approved for cycling.