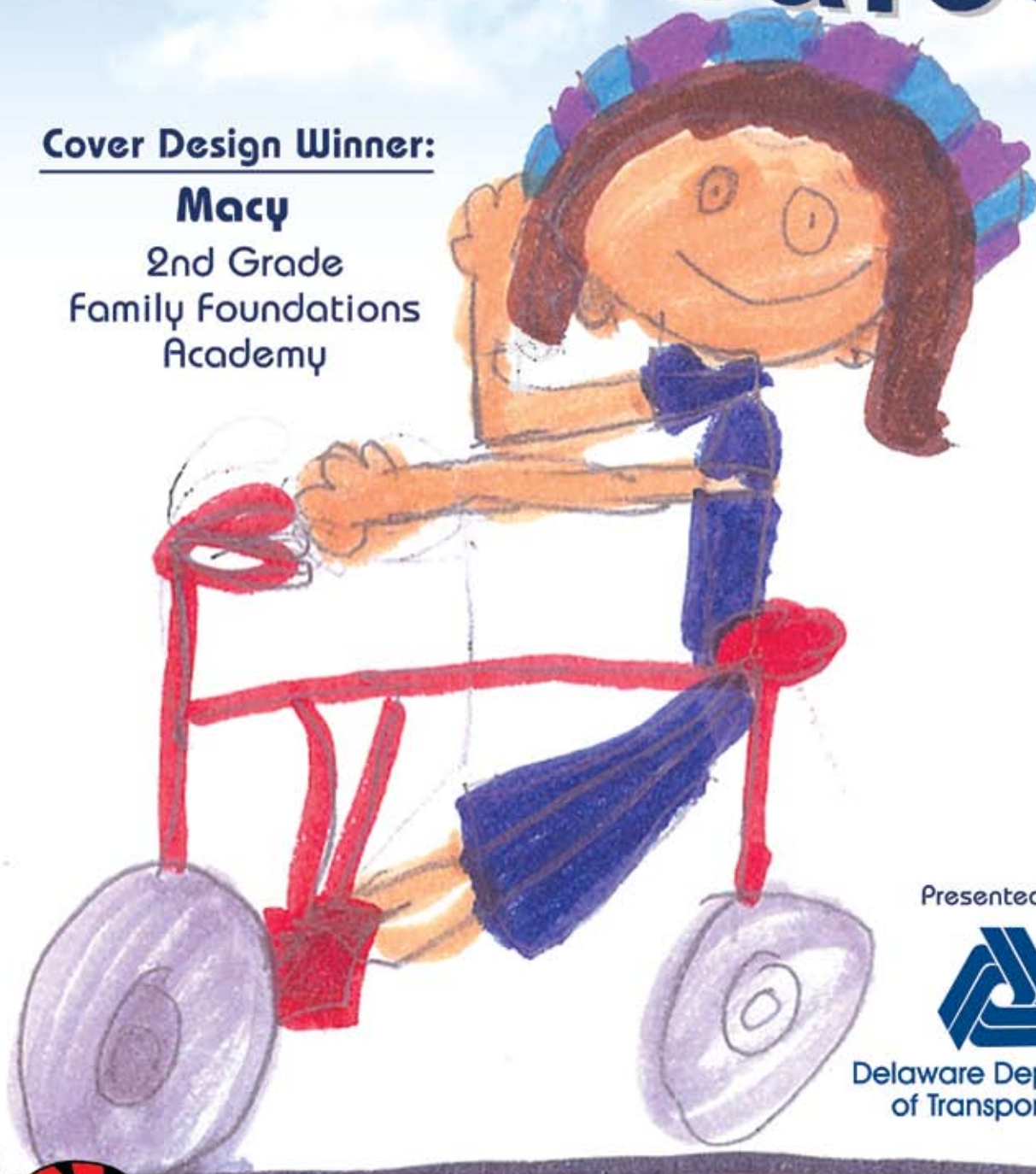


Learn About Bicycle Safety

Cover Design Winner:

Macy

2nd Grade
Family Foundations
Academy



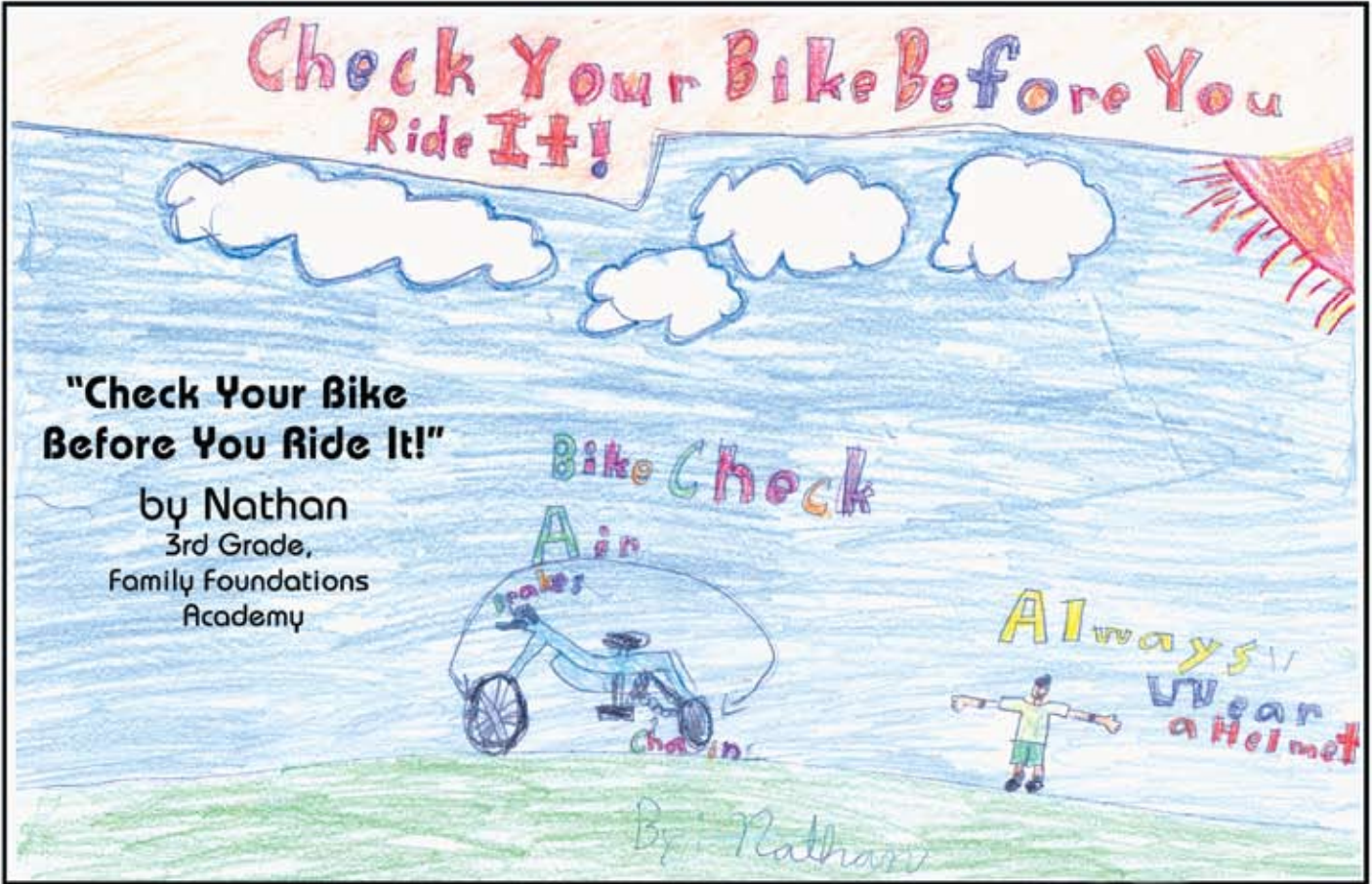
Presented by



Delaware Department
of Transportation



Featuring
Lily the Ladybug
by Tanya Shelton



KIDS:
READ KELCI'S STORY. THEN
SEE IF YOU CAN REMEMBER
MY "BICYCLE SAFETY TIPS."

**Lily the
Ladybug**
designed by
Tanya Shelton



RIDE SAFE – IT'S FUN!

by Kelci

6th Grade, Delmar Middle School

Hello. My name is Lily. I am one of Delaware's state bugs – a ladybug.

As I travel throughout our state, I observe kids having fun at many outdoor activities. One of the most popular activities is bike riding. While a ladybug like me cannot ride a bike, it sure looks like fun.

Riding a bicycle is fun! It is also good exercise and doesn't pollute the air. But, riding a bicycle can be very dangerous. Since I see so many things as I fly around, I want to remind you of some important bike safety tips.

- Remember to wear your helmet every time you ride.
- Be sure to check your bicycle before starting your ride.
- Follow the rules of the road.
- It's smart to be safe.
- A safe ride is a fun ride.



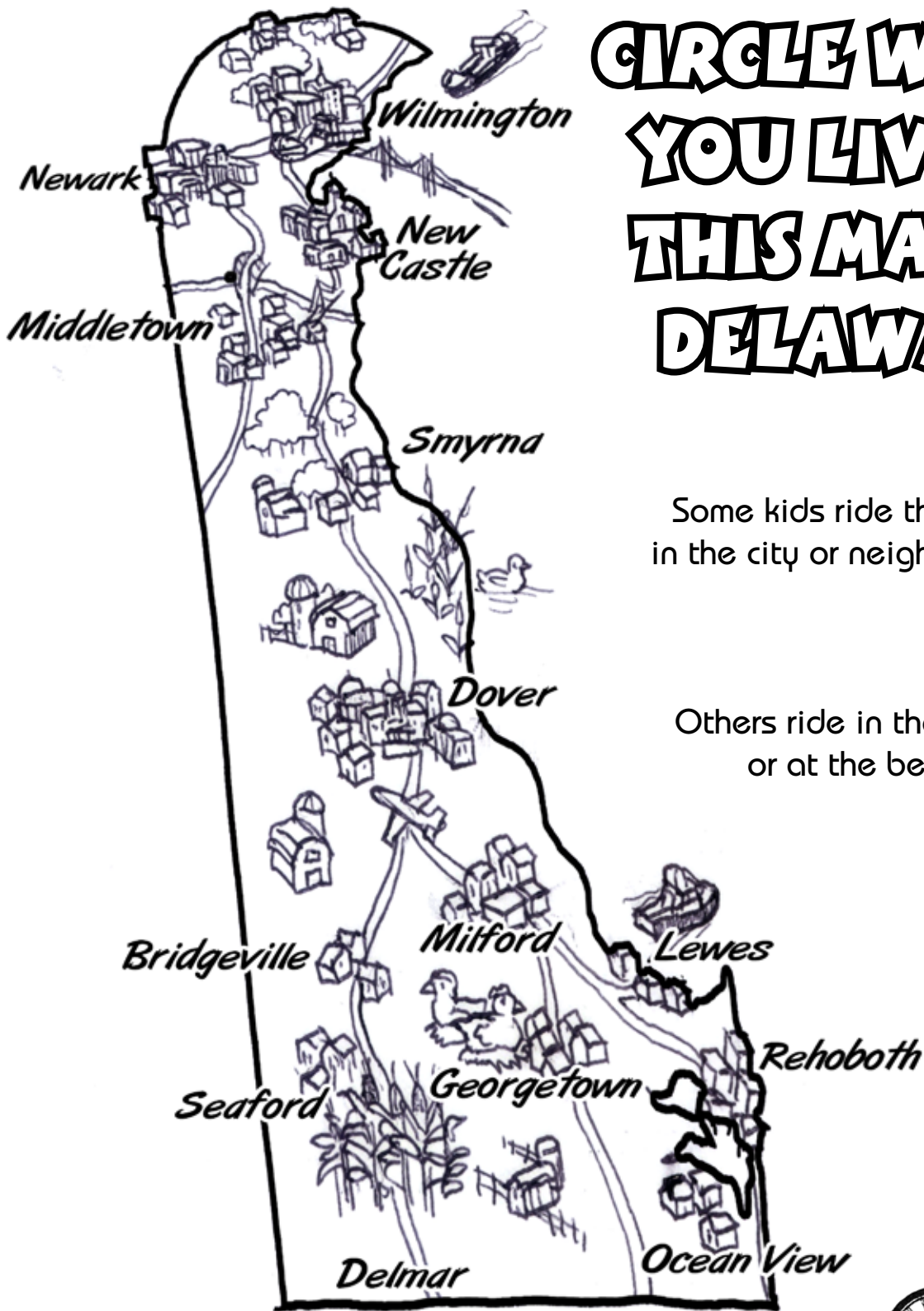
Lily's Bicycle Safety Tips

Fill in the blanks. Use each word once.

ROAD BICYCLE HELMET
EXERCISE SAFE DANGEROUS

1. Careful – riding a bicycle can be _____.
2. Wear your _____ every time you ride.
3. Check your _____ before starting your ride.
4. Follow the rules of the _____.
5. Riding your bicycle can be good _____.
6. It's smart to be _____.

CIRCLE WHERE YOU LIVE ON THIS MAP OF DELAWARE



Some kids ride their bikes in the city or neighborhoods.

Others ride in the country or at the beach.



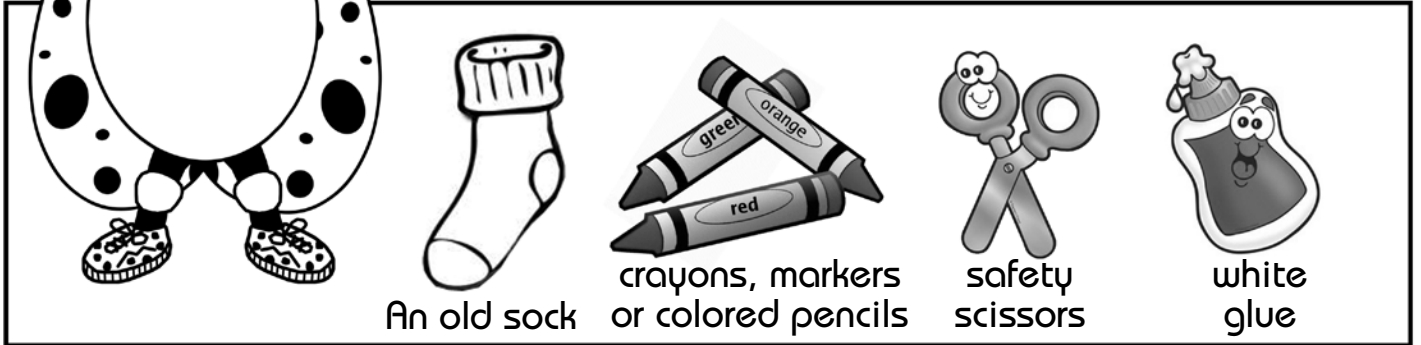
Where do you like to ride your bicycle?

MAKE A LILY SOCK PUPPET

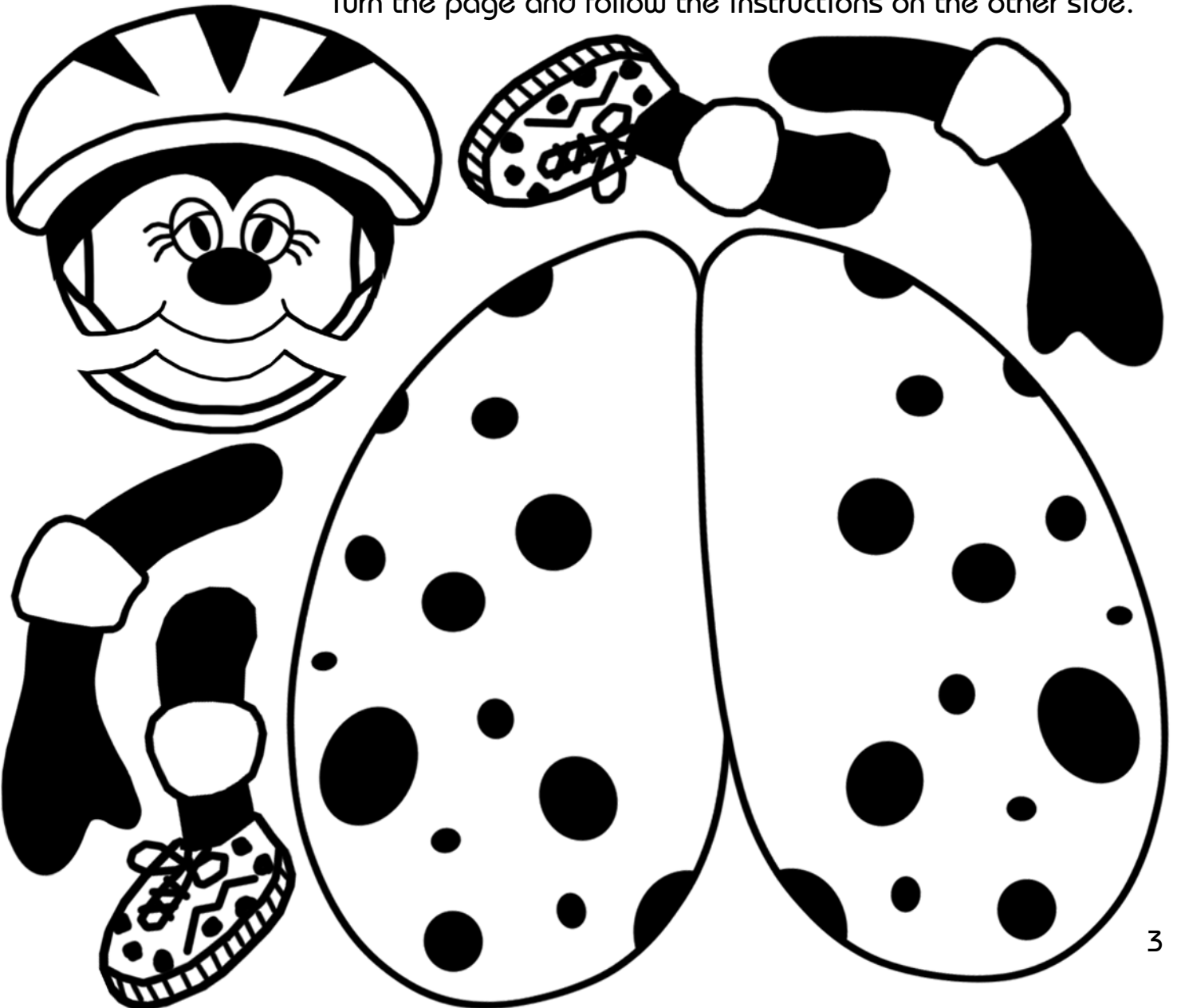
Dear Kids: Ladybugs don't usually ride bikes. We prefer to fly. Sometimes, I fly along beside my people friends as they ride their bicycles. We have a lot of fun. Hope you like my sock puppet.

Your friend, Lily

What you'll need:

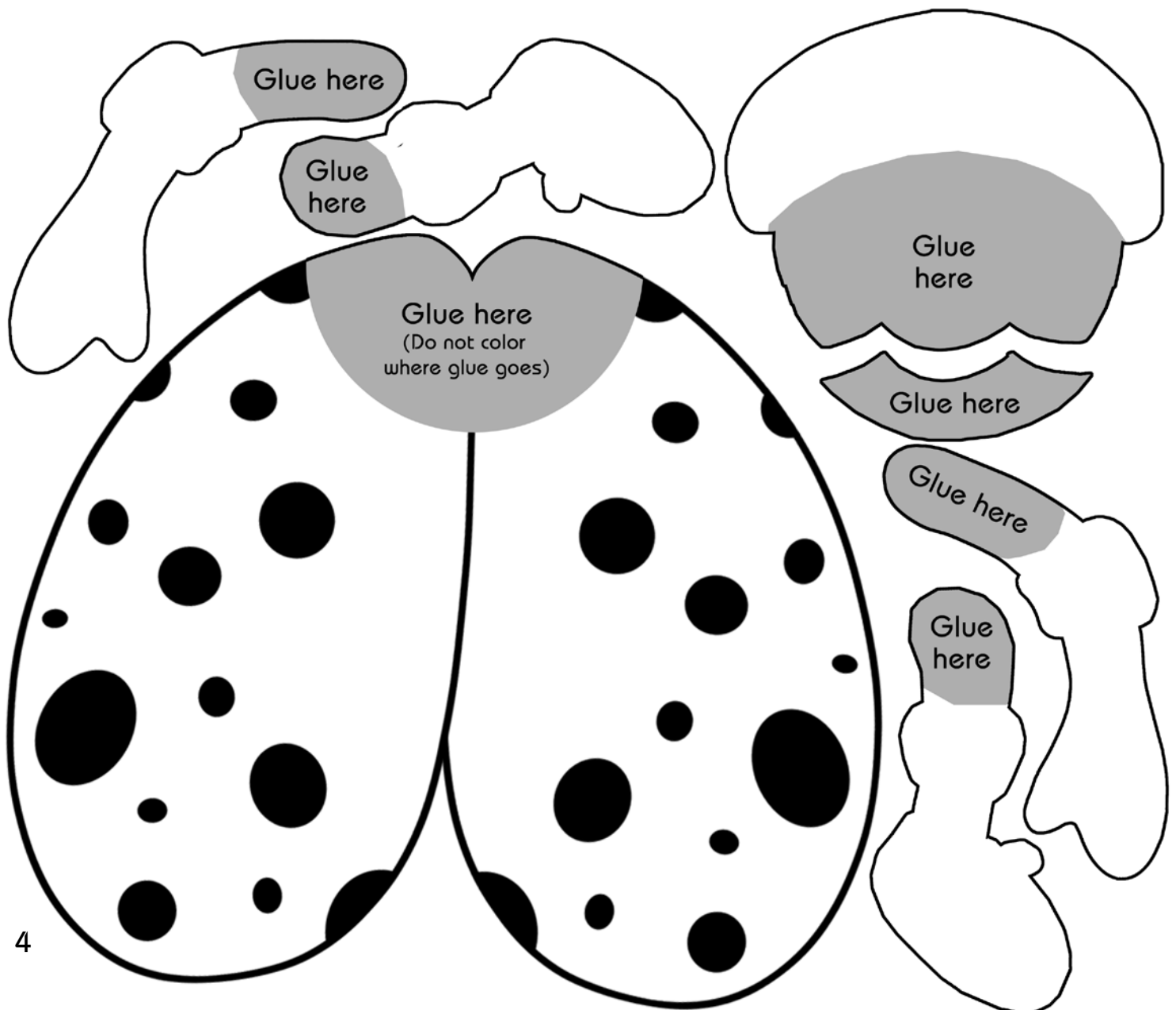


Turn the page and follow the instructions on the other side.



Make Lily talk and fly!

1. Color Lily's pieces on pages 3 and 4.
2. Cut out each of the pieces.
3. Put glue on the grey areas and attach each piece to the sock (see picture on the right).
4. Cut a hole in the sock between Lily's nose and chin to make a mouth.
5. Have fun!



BEFORE YOU RIDE... DRESS FOR SAFETY



MY HARD SHELL KEEPS ME SAFE.
CIRCLE THE ITEMS THAT HELP KEEP YOU
SAFE WHEN RIDING YOUR BICYCLE.



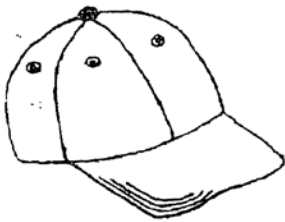
1. Wear bright colored clothes.



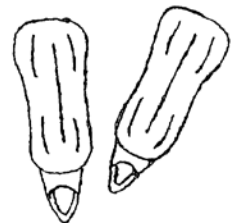
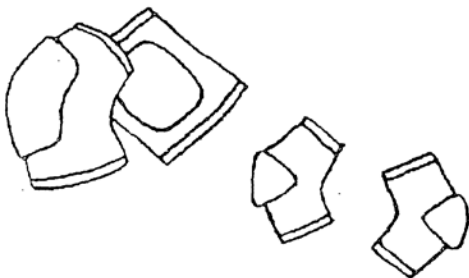
2. Make sure your shoes are tied. Do not wear open-toed shoes.



3. Wear a properly fitting helmet. Do not wear a baseball hat under your helmet.



4. Wear the correct protective gear.

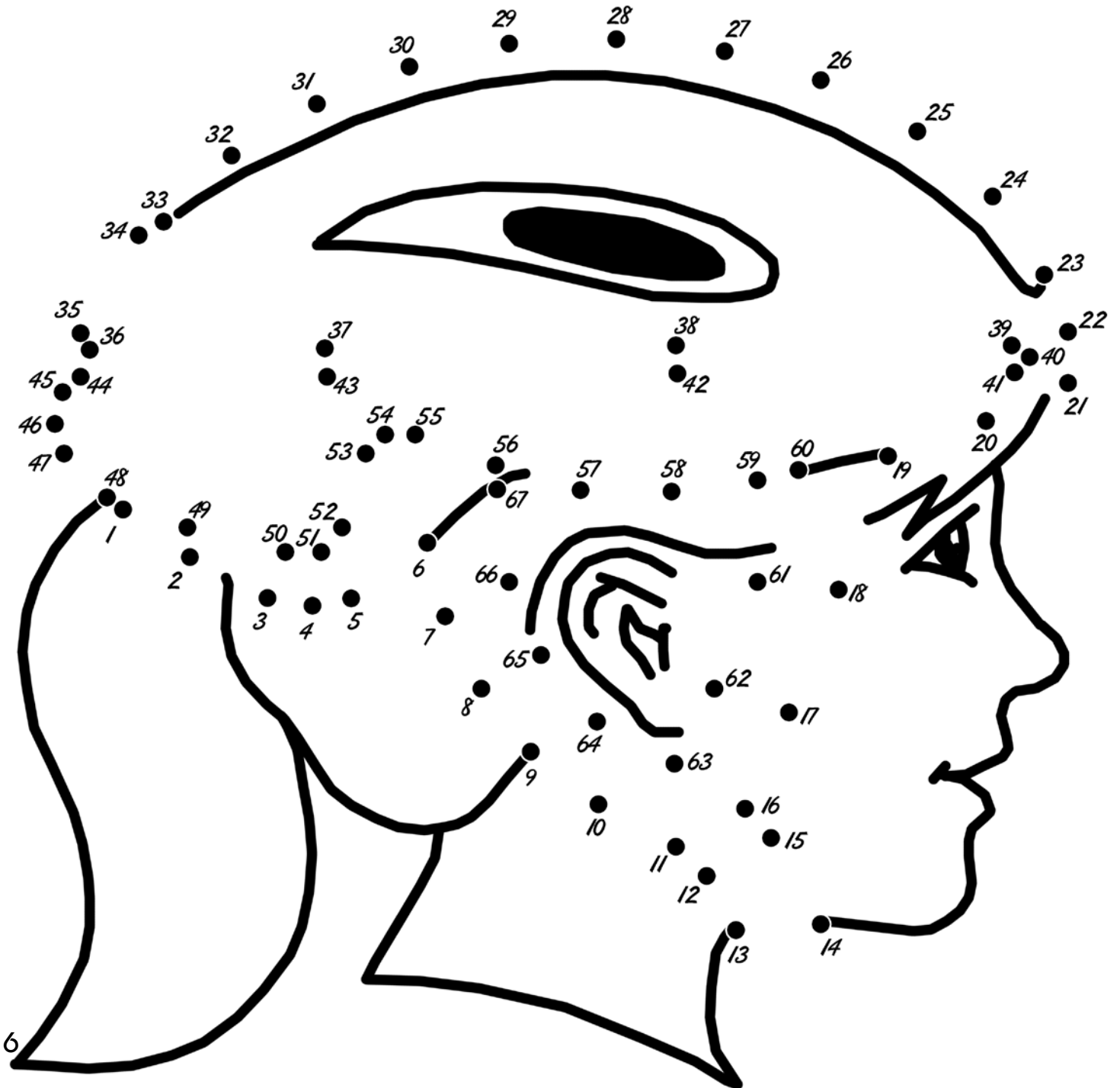


DOT-TO-DOT

Draw a line from number-to-number to see what Lindsay is wearing.

Delaware's Bike Helmet Law

A person under 18 years of age shall not operate or ride as a passenger on any bicycle unless that person is wearing an approved, properly fitted and fastened bicycle helmet.

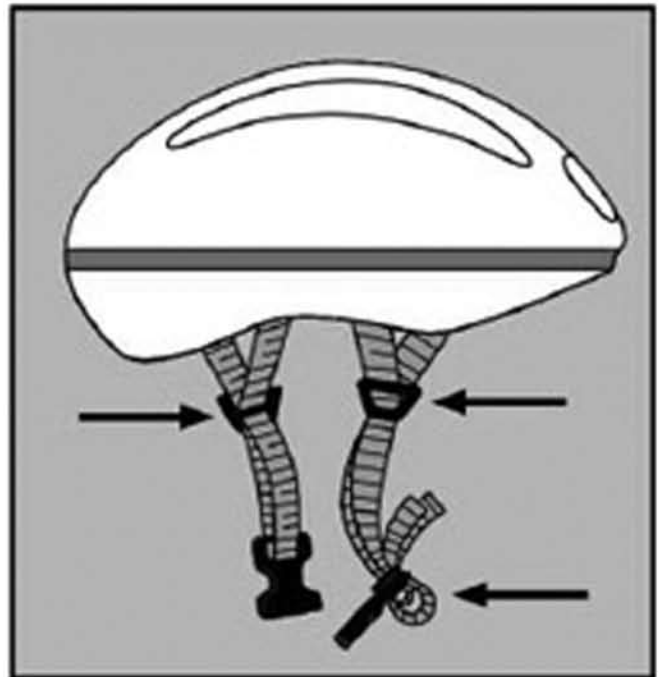




DO YOU KNOW THE CORRECT WAY TO WEAR A HELMET?



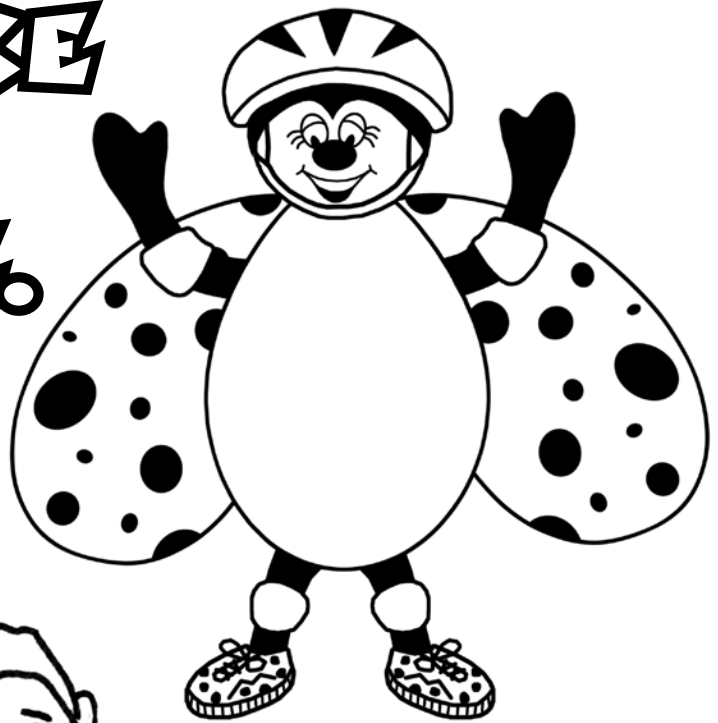
Wear the helmet flat atop your head, not tilted back at an angle!



Make sure the helmet fits snugly and does not block your field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Never wear headphones or a cap under your helmet!

RIDE A BIKE THAT FITS YOUR SIZE.



Color my friend
Nicholas and the
bicycle you think
would fit him best.

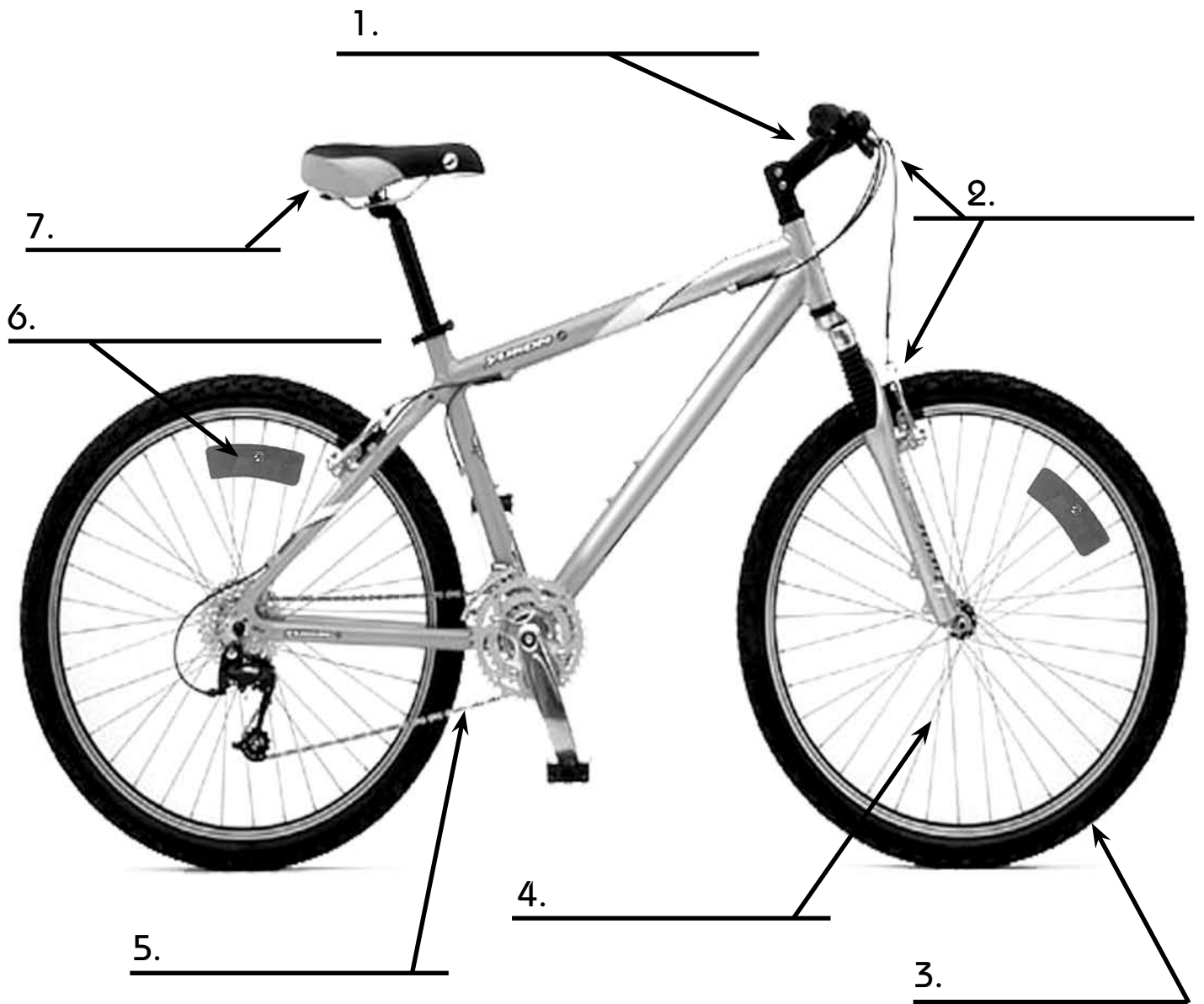


For a Properly Fitting Bike

You should be able to stand over your bike with both feet on the ground and your knees should not touch the handlebars when you ride.

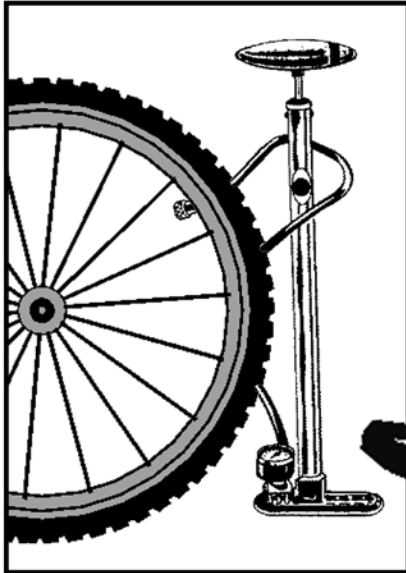
KNOW YOUR BIKE

Can you label each bicycle part?
(Answers at bottom)



1. Handlebars, 2. Brakes, 3. Tire, 4. Spokes, 5. Chain, 6. Reflector, 7. Seat (or Saddle)

BEFORE YOU RIDE... CHECK YOUR ABCS!

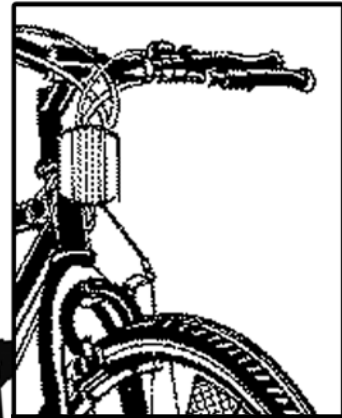


A is for Air:

Check the pressure of your tires to make sure there is enough air before you ride. You can check this by pressing on the tread. Tires should be properly inflated with good tread.

Are the tires nice and firm?

Yes No

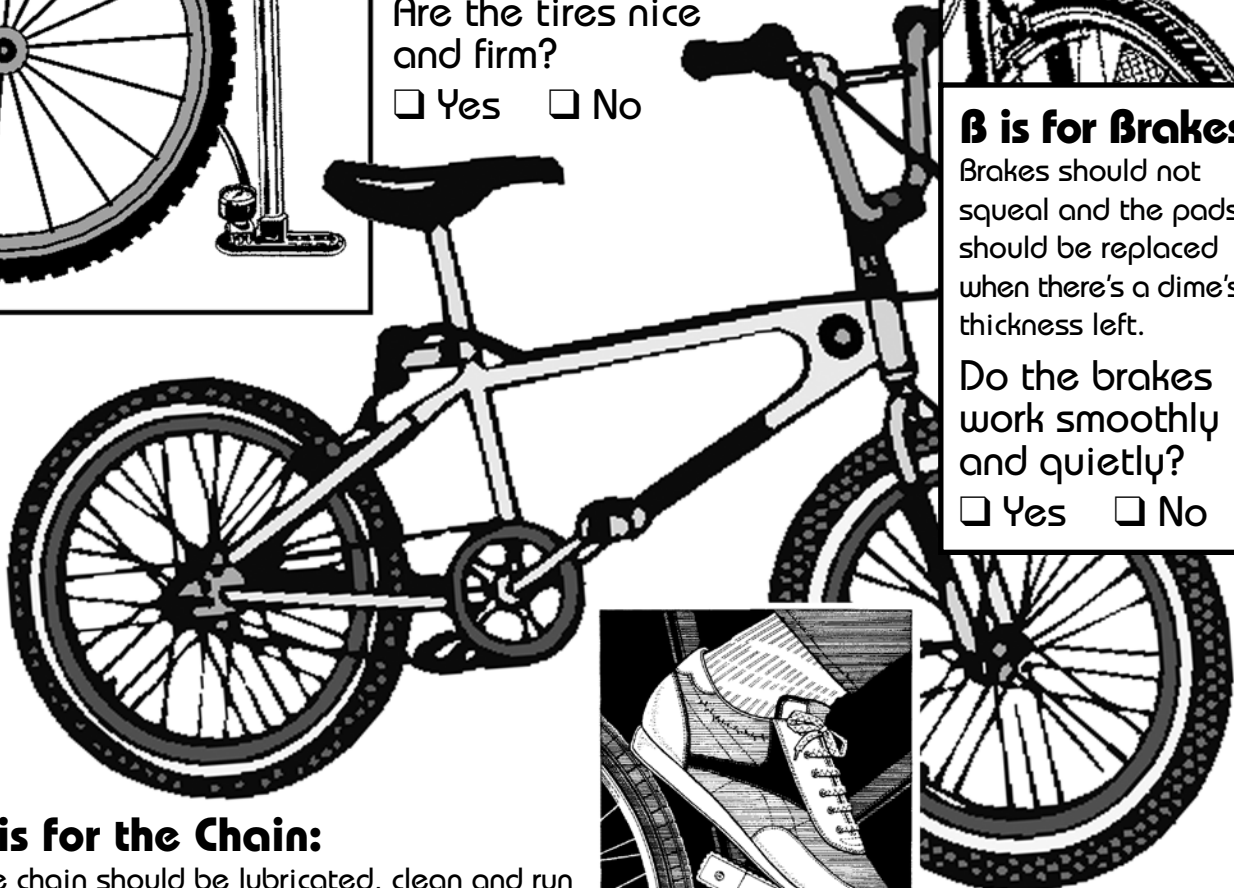


B is for Brakes:

Brakes should not squeal and the pads should be replaced when there's a dime's thickness left.

Do the brakes work smoothly and quietly?

Yes No



C is for the Chain:

The chain should be lubricated, clean and run smoothly. It should look like metal, not be rusty.

Is the chain oiled and clean so it can run smoothly?

Yes No

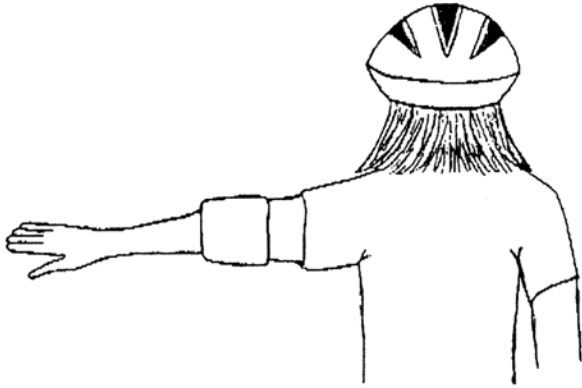


Also check:

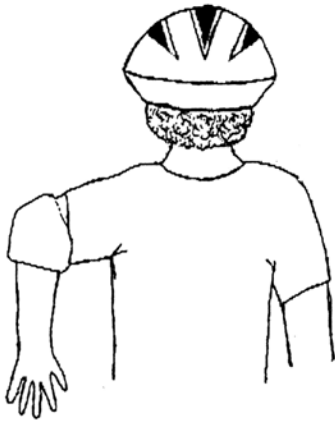
- ✓ Are all spokes attached and tight?
- ✓ Are the handlebars and seats adjusted for body height and fastened tightly?
- ✓ Are all other parts properly attached and in good working order?

If you can answer **YES** to every question then you are ready to ride!

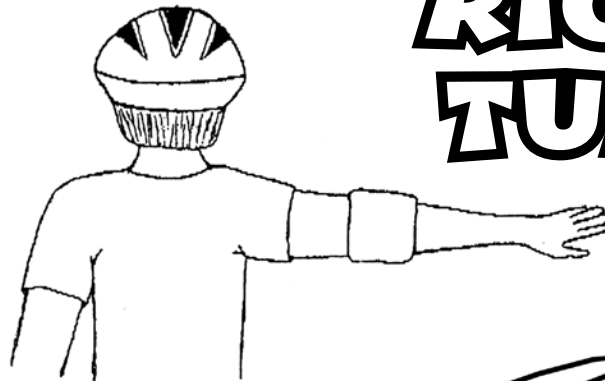
Use hand signals to let other bikes and cars know where you intend to go.



**LEFT
TURN**

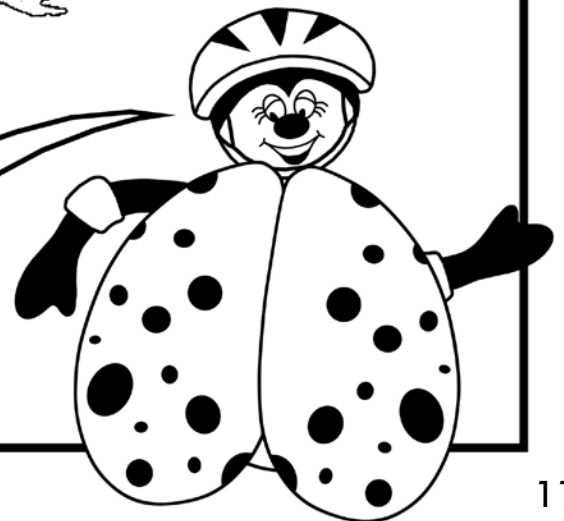


STOP



**RIGHT
TURN**

Don't forget to use your hand signals and obey all laws!



HELP LILY FIND THE WORDS HIDDEN IN THIS BICYCLE SAFETY PUZZLE



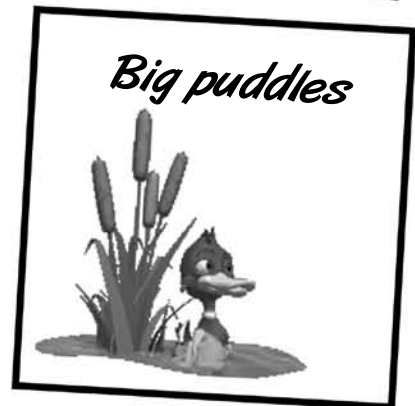
H K U G E A R T H S
 A A P P T S I H B T
 N B N A W D D B I O
 D R T D Y L E E C P
 L A Y S S E R L Y K
 E K S R E I I L C W
 B E L T L Y G E L H
 A S A M O B H N E E
 R E D F C R T W A E
 S N E A K E R S L L
 R S P S A F E T Y S
 H T A P E K I B R P



- | | | |
|-------------|------------|----------|
| BELL | HANDLEBARS | SEAT |
| BICYCLE | LOCK | SNEAKERS |
| BIKE PATH | PADS | STOP |
| BRAKES | PEDALS | WHEELS |
| GEAR | RIDE RIGHT | YIELD |
| HAND SIGNAL | SAFETY | |

X MARKS THE SPOT... NOT TO RIDE!

Lily would like you to put an ✖ over any box that shows a place that might be an unsafe place to ride your bicycle.

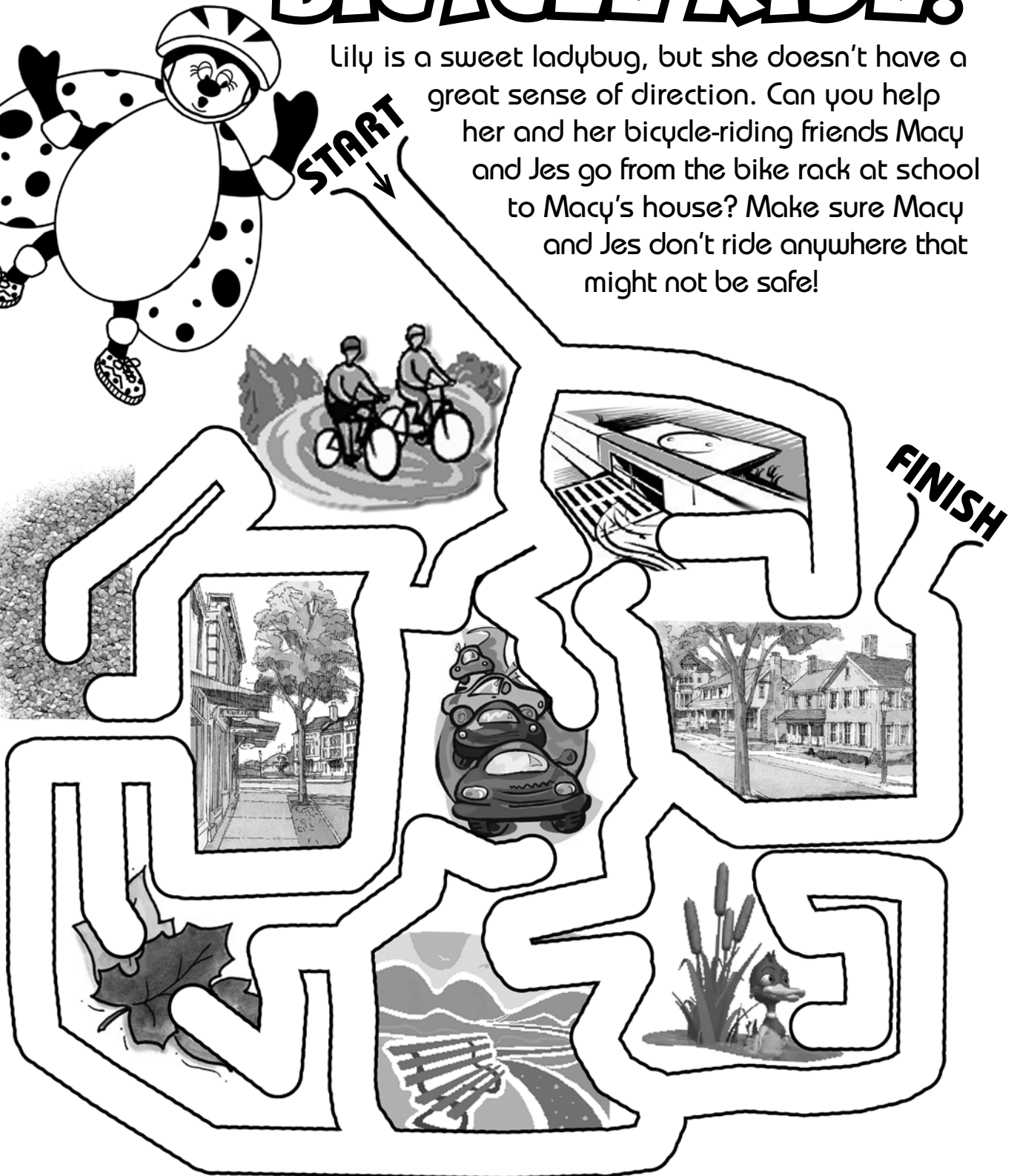


Answers: Busy road, wet leaves, storm grates, gravel or rocks, big puddles

AN A-MAZ-ING BICYCLE RIDE!



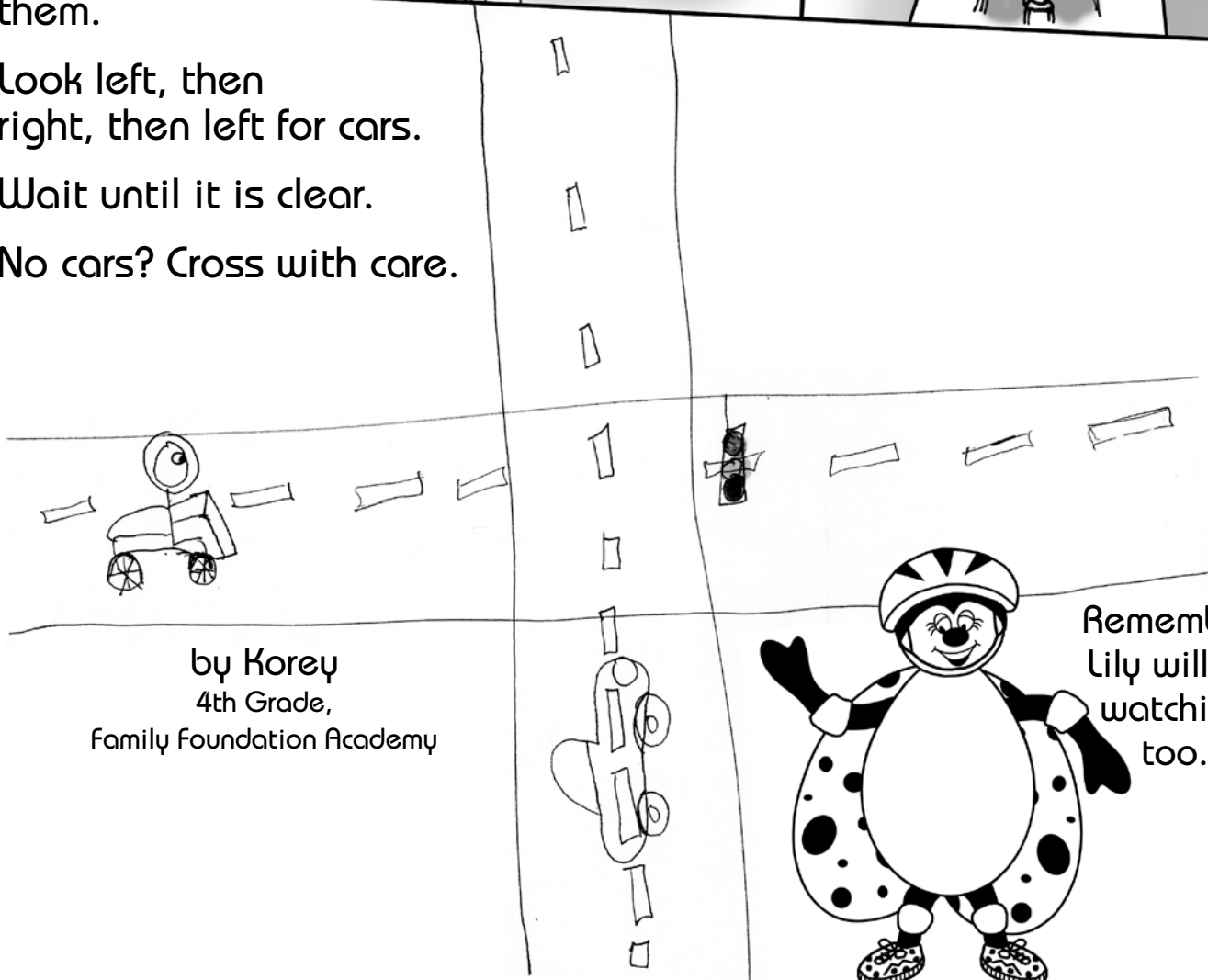
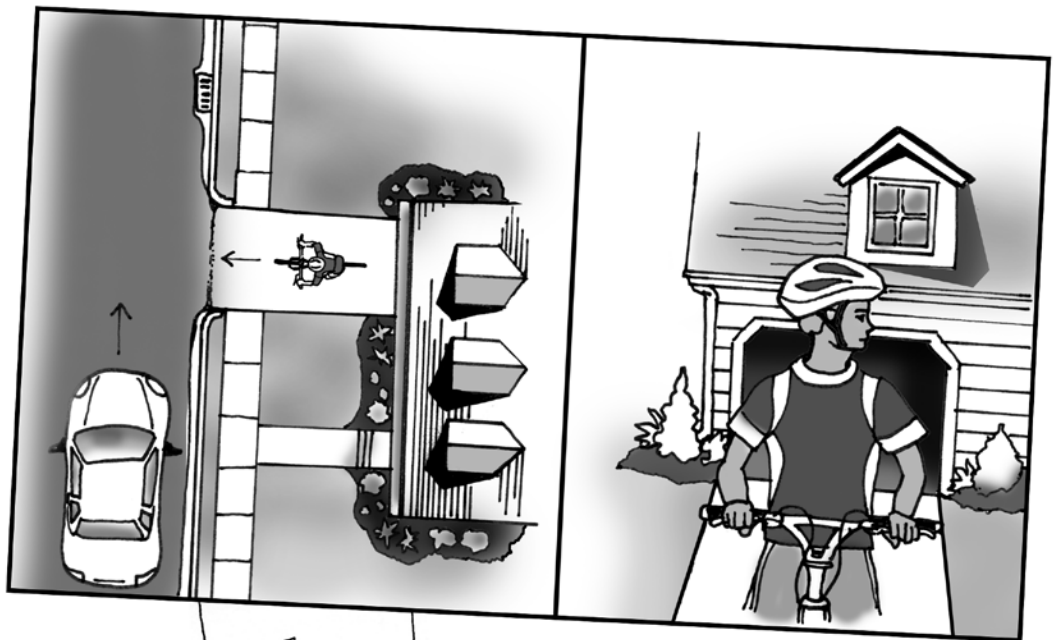
Lily is a sweet ladybug, but she doesn't have a great sense of direction. Can you help her and her bicycle-riding friends Macy and Jes go from the bike rack at school to Macy's house? Make sure Macy and Jes don't ride anywhere that might not be safe!



LOOK BOTH WAYS

Look both ways
before entering
a road.

1. Stop before entering the street.
2. If parked cars block your view, edge out a little to see beyond them.
3. Look left, then right, then left for cars.
4. Wait until it is clear.
5. No cars? Cross with care.



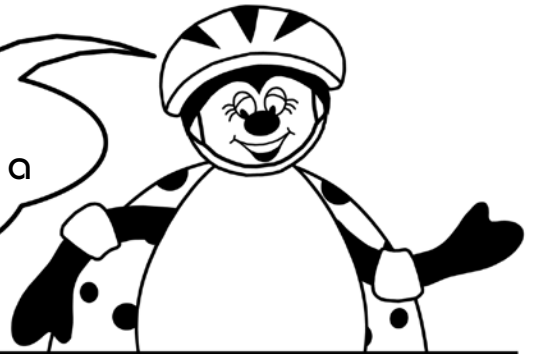
by Korey
4th Grade,
Family Foundation Academy



Remember,
Lily will be
watching
too.

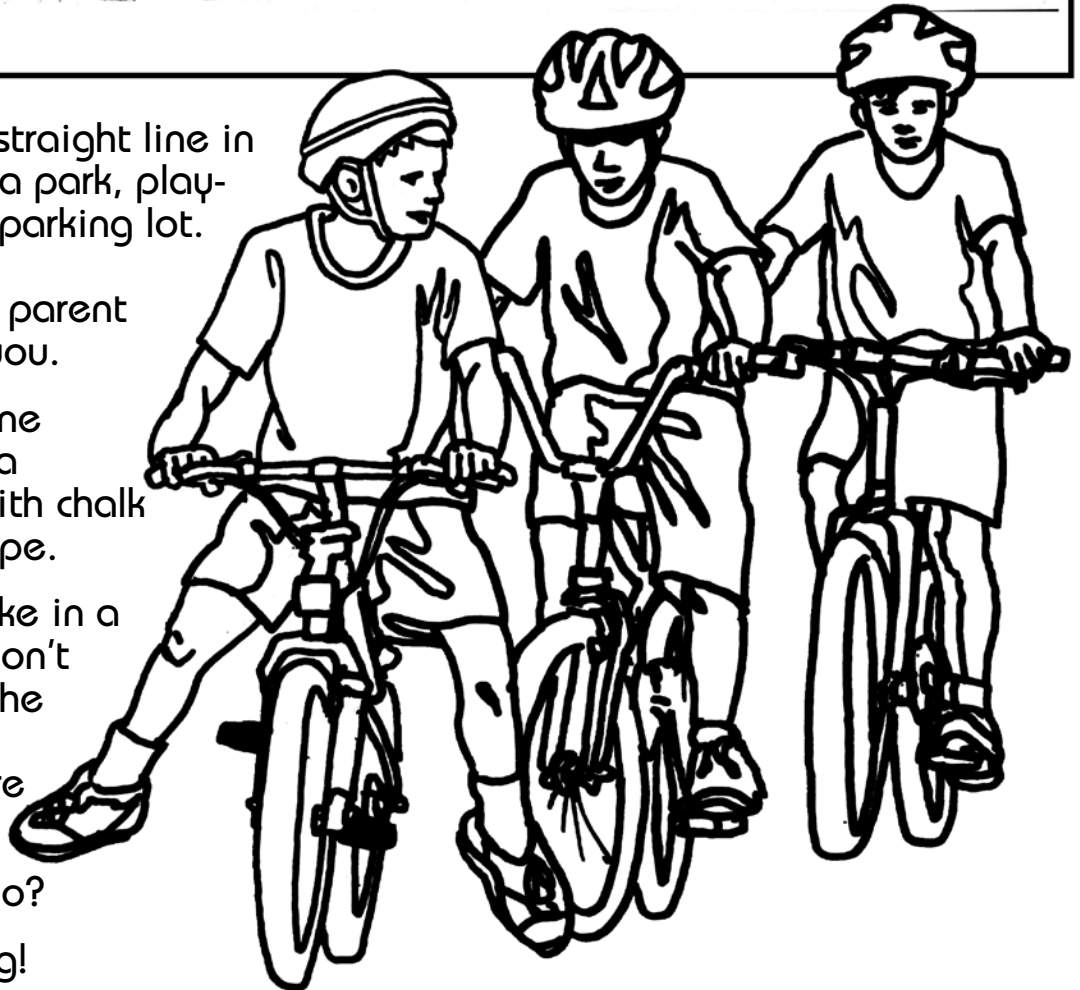
HOW TO RIDE IN A STRAIGHT LINE

When two or more riders are on the road, they should ride in a straight line, not side-by-side. Look at Shawn's drawing for a good example, then color the picture and try the exercise below.



Practice riding a straight line in a safe place like a park, playground or empty parking lot.

1. Ask a friend or parent to come with you.
2. If there is no line marked, draw a straight line with chalk or reflective tape.
3. To ride your bike in a straight line, don't look down at the stripe. Look ahead at where you're going.
4. How did you do?
5. Keep practicing!



IT'S SMART TO BE SAFE

Madison sees trouble ahead. How many hazards can you find?
Circle each one, then check the answers below.





1. There is a pothole near the parked car.
2. A pile of leaves are lying near the pothole.
3. A car is crossing into the cyclist's path.
4. There is a car door opening.
5. There is a loose dog near the parked car.
6. A pedestrian is crossing the street.
7. There are train tracks ahead.
8. A train is approaching.
9. There is a stormwater grate ahead.
10. A car is backing out of a driveway.
11. The approaching cyclist is riding on the wrong side of the road.
12. Cyclist is holding a book in one hand instead of holding onto the handlebars with both hands.
13. Cyclist is not wearing a helmet.


LILY'S SAFETY TIPS...



Some Old, Some New, A Review Before You Ride



Wear the right gear: A  , bright clothes, proper  , elbow and  for beginners.

Check your  : Does it fit you? Do an ABC Quick Bike ✓ – Air in tires, brakes, chain, and handlebars. Check that everything is tight and working right and that reflectors are visible.

Under 8 years old: stay off the  ; 8-10 years old, ride on streets with supervision; over 10 years old, gain more experience and knowledge with parents' guidance.

Plan your ride: Let parents and family know your ride plans – where you're going, the route you plan to use and what  you're coming back.

Follow the Rules of the Road: Stay in control of your bike; ride on the right side of the street; obey all traffic signs and  ; use hand signals for  and turns.

Ride Safe: Do not carry passengers; ride single file; don't ride at night; keep both hands on  ; walk across busy intersections; respect the right of other vehicle drivers, bicyclists and pedestrians; concentrate – stay focused on riding the  .



BICYCLE SAFETY CERTIFICATE

This certifies that

(name)

is a safe bicycle rider.

**LILY
APPROVED**



BICYCLE SAFETY PLEDGE:

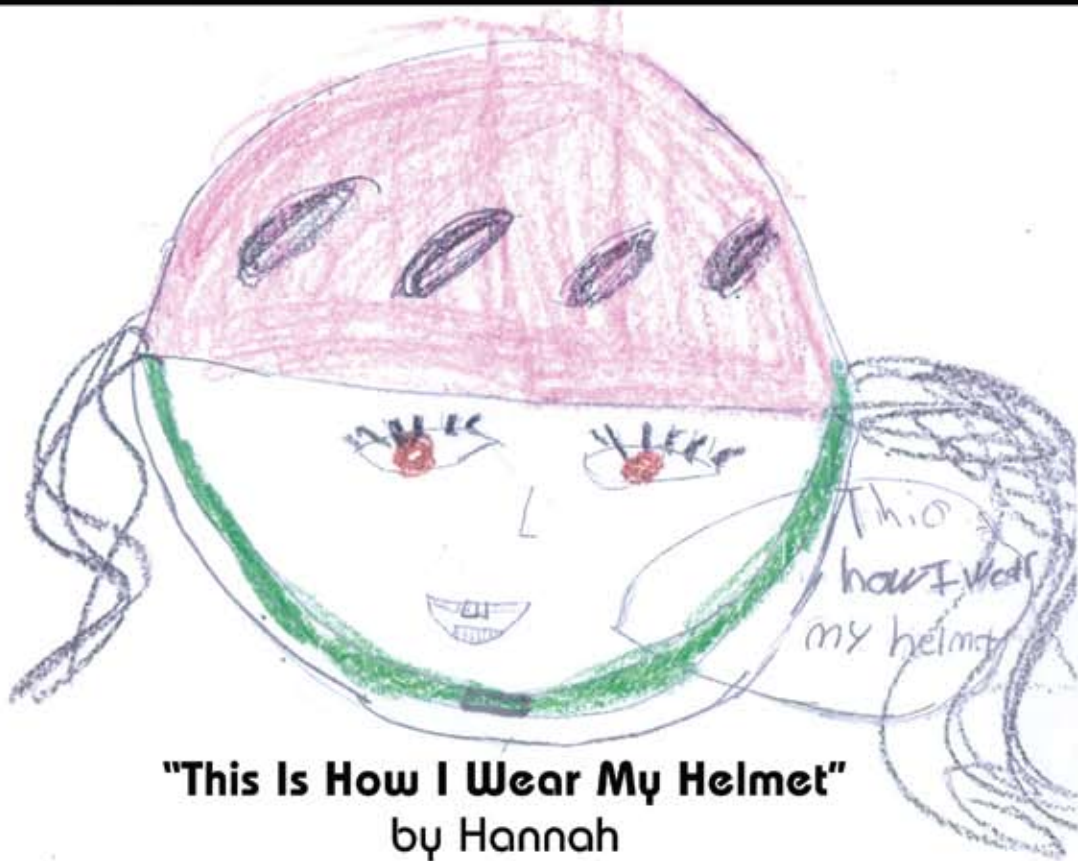
I pledge to keep my bike in good riding condition.

I pledge to follow safe biking rules.

I pledge to always wear a bike helmet.

I pledge to respect the rights of pedestrians and other riders.

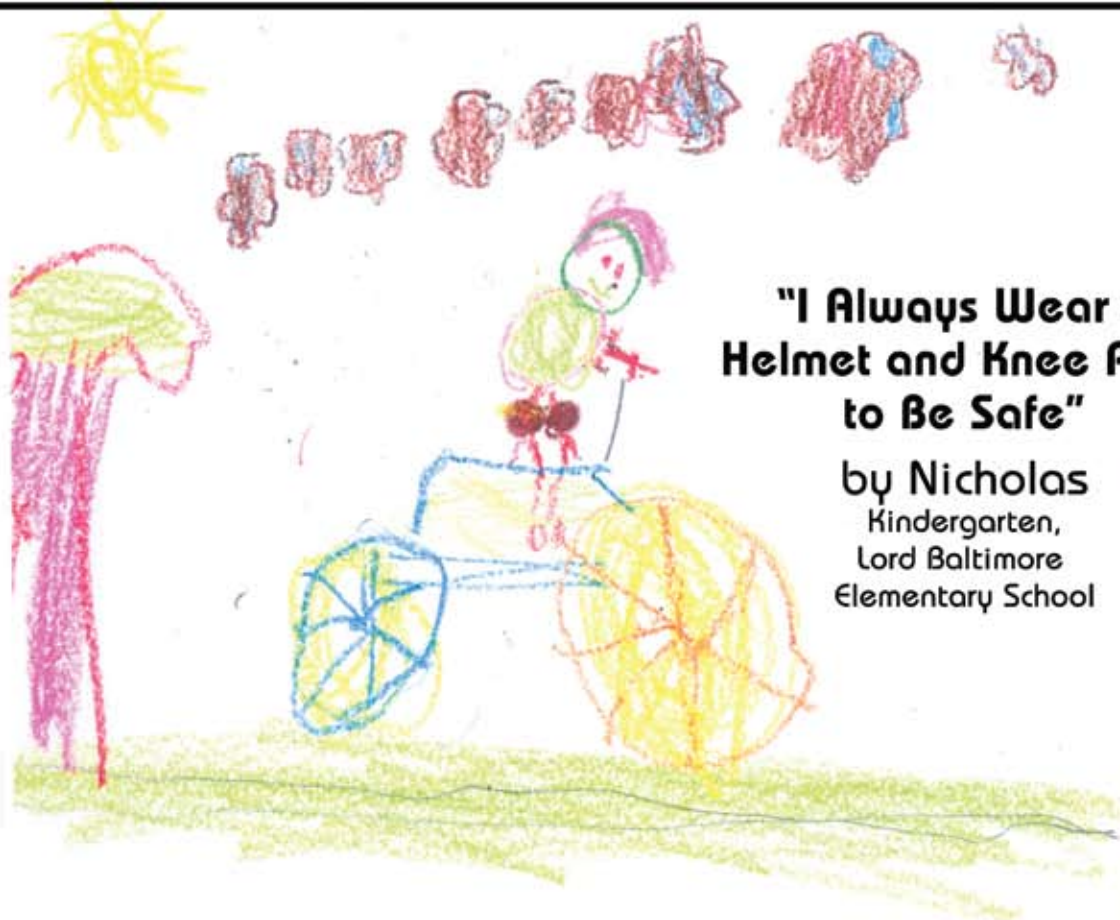
(Sign your name)



"This Is How I Wear My Helmet"

by Hannah

1st Grade, Family Foundations Academy



**"I Always Wear a
Helmet and Knee Pads
to Be Safe"**

by Nicholas

Kindergarten,
Lord Baltimore
Elementary School

HOW PARENTS CAN HELP PREVENT BIKE INJURIES

- Buy your child an approved bike helmet. Packaging should indicate the helmet meets the Consumer Product Safety Commission (CPSC) standard. To check CPSC bicycle helmet recalls, go to www.bhsi.org/recalls.htm.
- Let your child help pick out the helmet, because it must be worn every time he/she rides. If you are a rider, buy one for yourself, too, and set a good example by wearing it. Also encourage your child's friends to wear helmets.
- Make certain your child's bike is the correct size, has reflectors, and is safely maintained. Children under age 10 should not ride their bikes in the street. They are typically not able to quickly identify and adjust to traffic situations.
- Teach your child to always stop and look left-right-left before entering the road.
- If a bicyclist rides in the road, the cyclist must obey traffic laws that apply to motor vehicle operators. Teach your child the bicycle rules of the road. Driver licensing agencies and highway departments are good sources for booklets that explain bicycle safety rules. Enroll your child in a bike safety education program if one is available in your community.
- Never allow your child to ride at night or with headphones.
- Bicyclists should ride single file on the right side and signal their intentions to other road users.

For more information call 302-760-2080 or go to www.deldot.gov



Delaware Safe Routes to School Program



Delaware Risk Watch

