GO BY BIKE!

EYES EARS MOUTH
First adjust your helmet so it is level and snug.

EYES ➔ You should see the edge of your helmet when you look up.
EARS ➔ The straps should meet right under your ears to form a Y.
MOUTH ➔ The strap should be snug enough that if you open your mouth you feel the helmet pull down.

BRIGHT AND TIGHT
BRIGHT ➔ Wear bright clothing so that others can see you.
TIGHT ➔ Tuck away shoelaces and backpack straps. Watch your pant legs.

ABC QUICK CHECK:
Air ➔ Pinch the tires, they should be hard.
Brakes ➔ Make sure brakes work and aren’t rubbing the tire.
Chain ➔ Make sure you can shift gears and the chain is tight.
QUICK ➔ Make sure all quick release levers and/or bolts are tight, especially the wheels.
CHECK ➔ Make sure nothing else on your bike is broken.

RULES OF THE ROAD
➔ Always stop before entering the road and look both ways.
➔ Ride on the right, in the same direction as cars.
➔ Obey traffic signs, signals, and laws.
➔ Stop at all red lights and stop signs!
➔ Look back and signal before turning.
➔ Stop for people walking.
➔ If you ride at night you need a white front light and a red rear light.

Massachusetts Safe Routes to School, a program of MassRIDES, is a service of the Massachusetts Department of Transportation, and supported by the Federal Highway Administration.

Massachusetts Bicycle Coalition
617-542-2453
www.MassBike.org