

CASCADE RIDGE COYOTE BIKE SAFETY



BIKING TO SCHOOL?

SEE BELOW FOR TIPS TO KEEP YOU SPOKE-TACULARLY SAFE AND HAVING FUN ON TWO WHEELS!

WEAR A PROPERLY FITTING HELMET

1

Use the 2-2-2 method! Two finger width between the helmet rim and eyebrows. Two fingers form a Y for the side straps on the ears. Two finger width between the chin and strap.



ABC BIKE CHECK

2

Check your bike before hitting the road!
A - Air in the tires
B - Adjust the brakes
C - Clean and grease the chain



FOLLOW THE RULES OF THE ROAD

3

- Walk your bike at crosswalks and on school property
- Watch out for walkers and cars
- Ride on the right side of the sidewalk and bike lane
- Check your speed and always ride in control



SEE AND BE SEEN

3

- Use your voice or a bell to let others know you are passing
- Wear bright colors so drivers and walkers can see you
- Always look both ways when crossing a path or the street



Why did the bike fall over? Because it was two-tired!

Bike Safety

RESOURCES FOR FAMILIES



Proper Helmet Fit

Seattle Children's Hospital Helmet Fit Check
<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/prevention/bike-helmet-safety/>

*Remember to replace a helmet after a crash!

Local Bike Shops

Ride Bicycles, Issaquah
Gerk's Ski and Cycle, Issaquah Trek Bicycle, Issaquah & Redmond locations
Singletrack Cycles, North Bend

Bike Laws & Safety

<https://kingcounty.gov/en/dept/dph/health-safety/safety-injury-prevention/traffic-safety/bike-helmets>

<https://wsdot.wa.gov/travel/bicycling-walking/bicycling-washington/bicyclist-laws-safety>

Have fun and ride safe coyotes!

