



Bicycle Safety:

A good start is to pick out an appropriate sized bicycle. A sizing chart is a simple tool that can be used. Below are two charts that can help you select the correct size bicycle. The first chart is based on height & the second one is based on leg inseam.



Wheel Size	Age	Height	
12"	2-3	2'10"-3'4"	85-100 cm
14"	3-4	3'1"-3'7"	95-110 cm
16"	4-5	3'7"-4'0"	110-120 cm
20"	5-8	4'0"-4'5"	120-135 cm
24"	8-11	4'5"-4'9"	135-145 cm
26"	11+	4'9"+	145+ cm

Wheel Size	Age	Inseam	Inseam
12"	2-3	14-17'	35-42 cm
14"	3-4	16-20'	40-50 cm
16"	4-5	18-22'	45-55 cm
20"	5-8	22-25'	55-63 cm
24"	8-11	24-28'	60-72 cm
26"	11+	26+'	70+ cm

It is also important that you actually watch your child take a test ride on the bike before you purchase it. Be sure your child is able to ride it in a controlled, safe manner and then complete the sale.

Additional Tips

1. Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
3. Use hand signals and follow the rules of the road.
4. Be predictable by making sure you ride in a straight line and don't swerve between cars.
5. Make yourselves visible. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
6. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Rules of the Ride

Learn the hand signals that should be used to alert drivers and fellow wheeled sport riders of your actions:



Left Turn

Extend your left arm out straight from your side.



Right Turn

Extend your left arm out from your side, bent at a 90-degree angle at the elbow, hand pointing upward and the palm of your hand facing forward.



Another option is to put your right arm straight out from your side.



Stopping or slowing

Extend your left arm out from your side, bent at a 90-degree angle at the elbow, hand pointing downward and the palm of your hand facing backward.