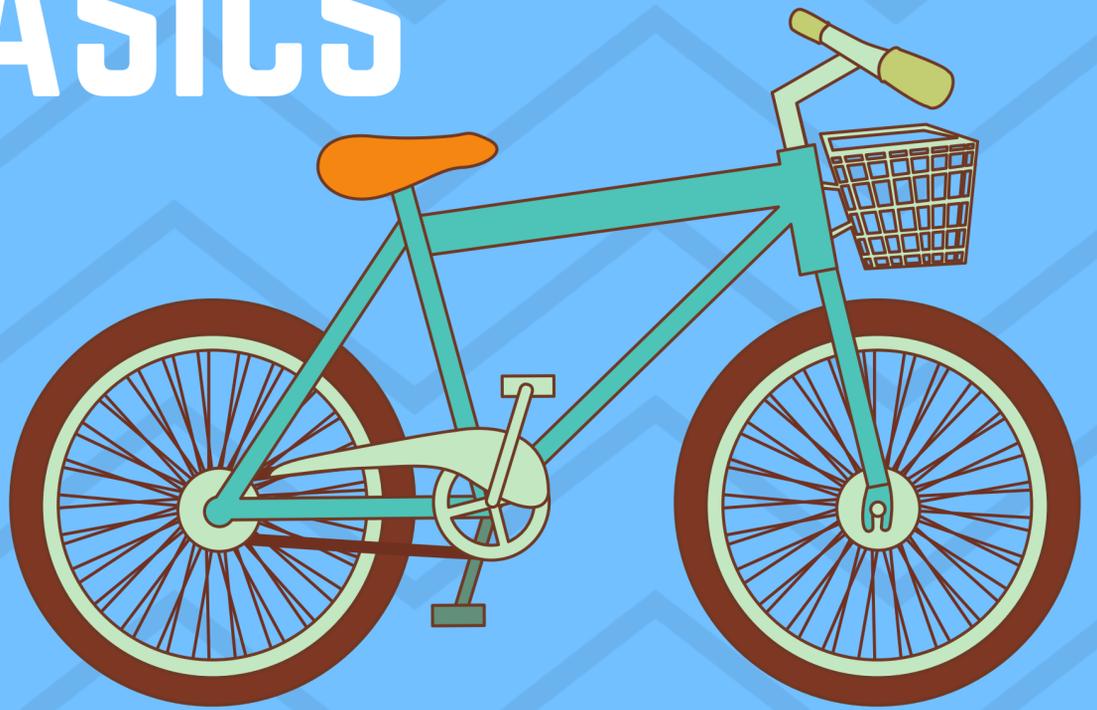


# BIKE TO SCHOOL

## BASICS



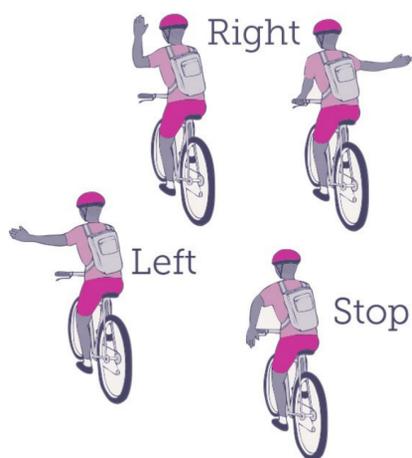
### Did you know?

**A cyclist has the  
SAME rights  
&  
responsibilities as  
a driver of a car**

~As cyclists, we have to follow the rules of the road, just like a driver does—we stop at stop signs, we ride on the right-hand side of the road, and we signal when we're turning.

~We have the right to be cycling on the road—unless your bike has training wheels, you don't belong on the sidewalk.

~We have to communicate our actions—since we don't have built-in turn signals, we use hand signals, bells, our voice, and our body language to show other road users what we intend to do.



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As cyclists, there are a few things we need to remember in order to keep ourselves safe.

**CHECK YOUR BIKE!** Do a quick ABC check of your bike before you ride: Is there enough AIR in your tires? (give both tires a squeeze). Are both BRAKES functional? (you shouldn't have to squeeze them all the way to your handlebars). Is your CHAIN clean and oiled and are your CABLES in good shape—no fraying? Ride on!

**BE VISIBLE!** Wear bright clothing when you're riding. Whenever you're riding at night or when it's grey, cloudy, or rainy, make sure you have a bright white light on the front of your bike and a bright red light on the back of your bike.

**PROTECT YOUR BRAIN!** You are required by law in B.C. to wear a helmet whenever you're riding your bike. Your brain is important—protect it!

**TAKE SPACE!** Ride at a safe distance from the curb and parked cars (about 1 m) to avoid a “door prize” from someone who opens their door as you're riding past.

**YIELD!** Always yield to pedestrians crossing the road. If you're passing a pedestrian on a trail, let them know by ringing your bell and saying "passing on your left."

**USE HAND SIGNALS!** Let other road users know what you intend to do.

**TAKE CARE!** A cyclist's first responsibility is for their own safety. Only you are in control of your actions—be alert, think ahead, and be a defensive cyclist.

**BE CONSIDERATE!** A cyclist's second responsibility is to be courteous to other road users. Be kind, yield, & communicate.



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