

- Watch for Children: Children on bicycles are often unpredictable. Expect the unexpected and slow down. Don't expect children to know traffic laws. Because of their size children can be harder to see. Exercise caution when driving near schools and parks.

Make Safety a Community Affair

One of the best ways to help kids learn safe cycling habits is to set a good example by following the rules of the road yourself. Go on bike rides with your kids so you can show them what safe cycling looks like. Similarly, when driving a motor vehicle, respect the rights of cyclists. When we "share the road" we build a safer community.

Alternatives to Riding on the Roadway

- Determine if your community has bike lanes and/or bike paths.
- In Grand Forks, you can access the most current bike map at www.theforksmpo.org

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For more information contact
Safe Kids Grand Forks

c/o Altru Health System
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Grand Forks, ND 58206-6002

Coordinator: Carma Hanson
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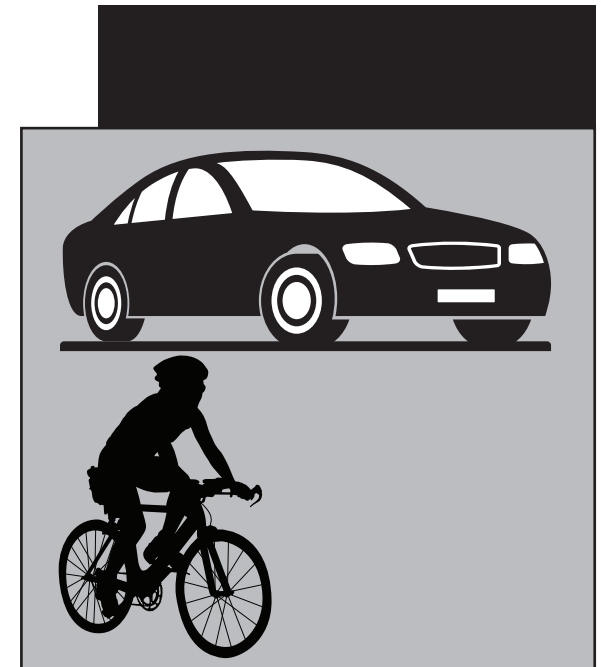
www.safekidsgf.com
or
www.safekids.org



"Like" us on Facebook for more safety tips (Safe Kids Grand Forks).

Information for this brochure was gathered from the following:

- The League of American Bicyclist
- www.sharetheroadmn.org
- www.cdc.gov
- www.kidshealth.org
- www.safekids.org
- ND Department of Transportation.



Sharing the Road

Bicycles and Motor Vehicles

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Our streets, roads and highways provide a means of transportation for a variety of vehicles - cars, motorcycles, recreational vehicles, trucks, etc. These same roads are also a means of transportation for bicyclists. State laws in North Dakota and Minnesota give cyclists the same rights and responsibilities of motor vehicles.

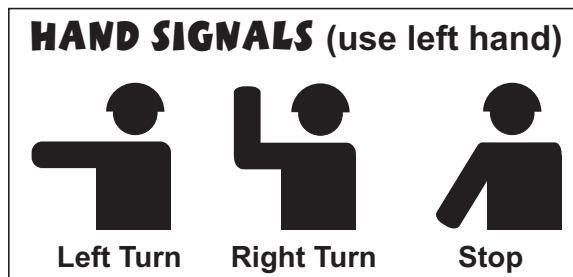
In order for bicyclists and motor vehicles to safely share the road, both riders and drivers need to follow the "rules of the road".

Rules Of The Road for Bicyclists

The rule of thumb for the road: If you ride your bike on a sidewalk or path, act like a pedestrian; if you ride your bike on the road, act like a motor vehicle.

- Wear a helmet! They are proven to be effective in preventing head injuries in the event of a crash. For more information on choosing and using a helmet, check out our website: www.safekidsgf.com.
- Do not carry more people on a bicycle than it was designed to carry. One seat, one rider.
- Do not hold on to other moving vehicles for the purpose of being towed.
- Always ride in the same direction as motor vehicles. Never ride against traffic.
- Obey all traffic control signs and signals. This includes yield/stop signs and traffic lights.
- Do not ride more than two side-by-side. Ride single file whenever possible.
- Keep to the right side of the roadway. However, do not ride too close to parked cars as doors can suddenly be opened.
- Watch closely for motor vehicles leaving driveways, alleys or curbs.

- Give pedestrians the right of way.
- Never change directions or lanes without first looking behind you and always use the correct hand signals.



- Avoid riding at dusk or in the dark. If you do, your bicycle must be equipped with a headlight visible from a distance of 500 feet. ND state law also requires a bicycle to have a red reflector on the rear.

Rules for Riding on Sidewalks and Bike Paths

Bike paths and sidewalks are an excellent alternative to riding on the road, especially for the young cyclist. However, there are safety rules that should be followed.

- When passing other cyclists or pedestrians, always pass on the left and call out "on your left" or "passing on your left" so they are aware of you. Using a bell is also an option.
- Be aware that many cyclists and pedestrians may have headphones, ear buds, etc. on and may not hear you. Pass with caution.
- The majority of designated bike paths and trails have "road" signs. Be aware of signs indicating hills, curves, road crossings and traffic signals.
- Be aware of any restrictions your city may have on riding on sidewalks in specific areas.

Safe Clothing

What you wear when riding a bicycle is also very important:

- Florescent or bright colored clothes will help you be visible on the road.
- Lightweight clothing will help you avoid becoming overheated.
- Pant legs should not be too loose fitting as they can get tangled in the chains. If you ride often, consider purchasing an ankle strap.
- When carrying any type of back pack or package, make sure the straps can't get caught in the spokes of the bicycle or chain system.
- Choose shoes that grip the bicycle's pedals and are secured at the heel (no flip flops or riding barefoot).

Rules of the Road for Motorists

- Drive Cautiously: Reduce speed when encountering cyclists. Don't tailgate, especially in bad weather. Recognize hazards cyclists may face and give them space.
- Yield to Cyclists: Bicycles are considered vehicles. Cyclists should be given the appropriate right of way. Allow extra time for cyclists to cross intersections.
- Be Considerate: Scan for cyclists in traffic and at intersections. Do not blast your horn in close proximity to cyclists. Look for cyclists when opening doors.
- Pass with Care: When passing, leave four feet between you and a cyclist. Wait for safe road and traffic conditions before you pass. Check over your shoulder before moving back to your driving lane.