



1961-2011 *A History of Excellence!*

Safety

Socorro Independent School District

Tips

Bicycle Safety For Parents

- Children under age 10 should not ride in the street. Help children find a safe place to ride, such as a neighborhood sidewalk, park or playground. Preschool-age children should always be supervised.
- A bicycle is a vehicle. Bicyclist must obey traffic laws and rules, such as riding on the right side of the road, obeying traffic signs, etc...
- A child needs to be prepared for riding in the street by being taught riding skills and the rules of the road.
- Use hand signals.
- Get the right size bicycle for a child. A child should be able to sit on the seat of the bicycle and touch the ground with both feet.
- Maintain the bicycle in good-working condition.
- Make sure children always wear a helmet when riding. If a parent or care giver rides, set a good example and wear a helmet too. Even a moderate blow to an unprotected head can cause a permanent brain injury.
- Do not allow a child to ride a bicycle at dusk or after it becomes dark.
- Consider enrolling every family member in a bicycle safety class. Classes are often offered by local bicycle shops.
- Replace any bike helmet when someone crashes in it. Impact crushes some of the foam. The helmet is less protective although the damage may not be readily visible.
- Replace the buckle if it cracks or if any piece breaks off.

Safety Rules

1. **Never Ride out into a street without stopping first.**
2. **Obey stop signs.**
3. **Check behind before swerving, turning or changing lanes.**
4. **Before you get on your bike, wear a helmet.**