

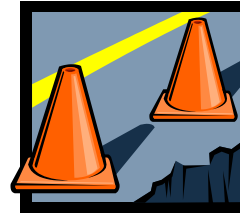
Follow the Rules!

- ⇒ Ride on the right.
- ⇒ Ride single file.
- ⇒ Obey traffic signs, signals and laws.
- ⇒ Ride straight—no surprises.
- ⇒ Look back and signal before turning.
- ⇒ Yield to people walking.
- ⇒ Use lights if riding at night (remember to ask your parents for permission).
- ⇒ Always stop at the end of your driveway—look left, look right, then left again before entering the road.



Be Alert!

- ⇒ Scan ahead for hazards. Watch out for loose gravel or broken glass or other obstacles.
- ⇒ Watch for chasing dogs. Ignore them, or try a firm loud “NO”. If the dog doesn’t stop, dismount with your bike between you and the dog.
- ⇒ Watch for cars pulling out. Make eye contact with drivers.



For more information:

City of Lancaster
Planning Department
44933 Fern Avenue
Lancaster, CA

Phone: 661-723-6100

July 21, 2011

Master Plan of TRAILS AND BIKEWAYS



BIKE SAFETY TIPS

lancaster  ca
it's positively clear

AYPH

Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness

Check Your Bike!



AIR

Pinch the tires... they should be hard.

BRAKES

Make sure the brakes work and aren't rubbing the tire.

CRANK / CHAIN

If there are problems with your gears or if the chain is loose...
TAKE IT TO A BIKE SHOP

QUICK

Check "quick release levers" and other bolts to make sure they are tight.

Wear Your Helmet!

Make sure your helmet is level and snug. If your helmet is damaged, or no longer fits, replace it.

EYES

You should see the very edge of your helmet when you look up past your eyebrows.

EARS

The straps should meet right under your ear lobes to form a "Y".



skin, but tight enough that if you drop your jaw, you can feel the helmet pull down on the top of your head.



MOUTH

The strap should be loose enough so you can breathe and insert a finger between the buckle and your

Dress Bright For Safety!

Wear bright or light colored clothing so you can be seen.

Tuck away shoe laces or other strings or cords so they don't dangle—they might get caught up in the moving parts of your bike.

Loose or baggy clothing can also be dangerous! Make sure you wear snug clothes.

Never wear headphones, earphones, or ear "buds" that would make it difficult to hear when you are on the road!

