

# MODEL AND PRACTICE SAFE BICYCLE SKILLS

Maintain your bicycle in good working order.

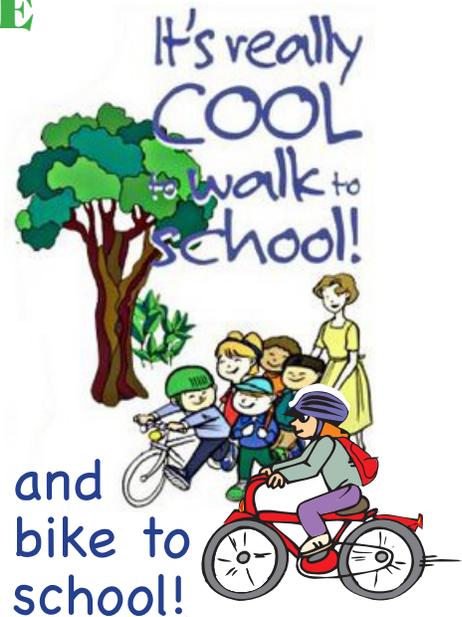
Be as visible as possible to others.

Learn the skills needed to control your bike.

Cycle in traffic safely and predictably.

Know and obey the rules of the road.

The British Columbia Bicycle Operator's Manual  
[www.bikesense.bc.ca](http://www.bikesense.bc.ca)



## RULES FOR SAFE CYCLING ON THE ROAD

- **Always wear a helmet when riding.** In BC, it is the law for children and adults to wear a helmet. Wear it at all times with straps firmly fastened.
- **Ride a suitable size bike.** For control in the hands of a child rider the seat should be at hip height, and feet be placed flat on the ground when straddling the bike.
- **Obey traffic rules** — bikes and cars obey the same rules. Come to a full stop at stop signs.
- **Always ride with traffic** — keep to the right and ride single file in a straight line.
- **Shoulder check.** Look all ways, right then left shoulder check, and signal before turning or stopping.
- **Turn with care.** Most crashes occur at intersections. Look and listen before proceeding, perform hand signal, and obey all traffic signs and lights.
- **Beware of parked cars.** Pass parked cars with caution. Leave adequate distance to prevent being hit if a car door opens or a vehicle pulls out into the traffic lane.
- **Beware of roadway hazards.** Stop and look all ways before entering a roadway, driveway or alley. Try to make eye contact with the driver. In poor weather conditions, slow down, apply brakes earlier and be extra careful. Avoid riding over potholes, cracks and railroad tracks.
- **Pedestrians have the right of way.** Ride slowly and yield to pedestrians when riding on paths or walkways. Walk bike in crosswalks.
- **Be visible.** Equip bike with front and rear lights and a red rear reflector. Wear bright colours in daylight and reflective material on clothes and backpacks for when vehicle headlights are on.
- **Avoid heavy traffic.** Use bike paths and less heavily travelled streets.
- **Plan your route** to include safe crossing points at busy streets.
- **Ride safely.** Don't weave, race or stunt-ride in traffic, or carry large bundles.
- **Don't carry a passenger** on a one-seated bicycle.
- **Never tow or pull anybody with a bike,** unless using equipment specifically made for safe towing, i.e. a bike trailer.
- **Keep both hands on the handlebars** unless signalling.
- **Use a bell, horn or voice** and look behind for approaching traffic when passing a cyclist.

Based on text from the Way to Go! School Program and Autoplan brokers of B.C.

HASTE is an online resource and networking centre that helps with every aspect of your walking school bus and bicycle train planned for your school. Go to:

## > Take Action > Walking School Bus/Bicycle Train

Follow each link listed (as below) for details.

- > [What is a Walking School Bus/Bicycle Train](#)
- > [Why Organize a Walking School Bus or Bicycle Train](#)
- > [Why use HASTE](#)
- > [Workshops and Webinars](#)
- > [Traffic Safety Considerations](#)

Pedestrian Safety

Public Transit for Kids

Bike Safety Visit [www.icbc.com](http://www.icbc.com) > **Geared 2 Youth > For educators** where teachers can order curriculum resources on-line. *BIKE SMARTS, A HANDBOOK* details a recommended set of practical hands-on sessions for teaching safe bicycle handling skills to children age 7 - 13.

Small Wheels Safety

Driver Safety Awareness

- > [How to Organize a Walking School Bus](#)
- > [How to Organize a Bicycle Train](#)
- > [Route Planning for Safety](#)

A Bicycle Route is chosen for safety (in terms of traffic safety and personal security) and comfort for cyclists. This must be planned whether the bicycle train begins from individual children's homes, or from a central location where families can meet. A Best Route for cyclists will often differ from a walking route, and due to road lane constraints may be different for the journey home from the journey to school.

- > [Walking/Cycling Route Mapping Tool](#)

Upon selecting your school, an area map displays the school neighbourhood to approximately 1km on each side of the school. An air photo, street map, or a combination of the two, is displayed and routes under consideration can be plotted online. These can be printed for on-the-ground assessment. Once a final Best Route is determined, a street map featuring your custom Bicycle Train route, or routes, can be printed.

- > [Walking School Bus/Bicycle Train Communication Tools](#)

Open and clear communication of expectations help ensure your bicycle train will be successful. Helpful forms are:

- Walking School Bus/Bicycle Train: Family Agreement Form
- Walking School Bus/Bicycle Train: Leader's Form
- Walking School Bus/Bicycle Train: Letter for teachers
- Walking School Bus/Bicycle Train: Registration/Consent Form

## > Take Action > MyTravel: Emissions Calculator and Tracking

MyTravel is a suite of tools to help students and educators calculate, track and reduce school-related transportation emissions. The MyTravel Calculator is an easy to use online tool for individuals and groups to measure the greenhouse gas emissions (GHGs) arising from their travel to and from school.

Thank you for the assistance of the Directorate of Agencies for School Health (DASH) BC in the administration and distribution of the Walking School Bus and Bicycle Train supplies and equipment [www.dashbc.org](http://www.dashbc.org)