

Improve the Safety of Your Kids

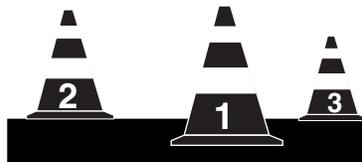


A Message to Parents

Practicing safe bike driving is a great way for your family to exercise and have fun together. Please set a good example by following all motor vehicle laws (which apply to bikes just as they do to cars), and wearing your helmet properly every time you ride. Helmets are required for bicyclists under 16 and are just common sense for everyone else.

There is much more to riding a bike than learning to balance. To help your family become safe bike drivers, find an empty street or parking lot to practice these basic skills:

- Riding in a straight line.
- Stopping quickly without skidding or falling.
- Scanning ahead and safely avoiding hazards and obstacles.
- Scanning behind by looking back over your shoulder or using a rear view mirror.
- Riding with one hand and signaling with the other.
- Making left and right turns with both hands on the handlebars.



Be a Safe Motorist

Role modeling safe driving habits in your community helps all of us. Here are the most common ways to keep walkers and people on bicycles safe. **Heads Up! — Safety is a Two-Way Street!**

- Don't rush — Drive the posted speed limit, which also ensures drivers behind you do too.
- Avoid distractions like cell phones, eating or drinking while driving.
- Stop before sidewalks when exiting driveways or parking lots.
- Look in all directions for bicyclists or pedestrians before pulling out, backing out, or turning.
- Yield to pedestrians in crosswalks. In Oregon, every intersection is a crosswalk.
- Slow down and wait for a safe place to pass a bicyclist or pedestrian. Allow enough space to avoid hitting them if they fall.
- Double check for approaching bicyclists before opening your car door.



Metro

