



CUYAHOGA FALLS GUIDE TO BIKE SAFETY

Review this checklist together.



SAFETY CHECKLIST



HELMET SAFETY

- ☐ Every rider has a helmet.
- ☐ Helmets fit snugly and don't move when shaken.
- ☐ Helmets sit level on the head (not tipped back).
- ☐ Helmets cover forehead.
- ☐ Chin straps are snug (about two fingers underneath).
- ☐ Helmets are in good condition with no cracks.
- ☐ Helmets have not been involved in a crash.



BEFORE EVERY RIDE

Checklist for Every Ride (ABC Quick Check)

Air

- ☐ Tires are properly inflated.
- ☐ Tires have good tread and no major damage.

Brakes

- ☐ Front and rear breaks work properly.
- ☐ Brake pads aren't worn out.

Chains and Cranks

- ☐ Chain is clean and lubricated.
- ☐ Pedals and cranks are secure.

Quick Check

- ☐ Handlebars are tight.
- ☐ Seat is secure.
- ☐ Nothing is loose or rattling.



HAND SIGNALS

- ☐ Everyone can demonstrate:
 - ☐ Left turn
 - ☐ Right turn
 - ☐ Slow/Stop
 - ☐ Looking over shoulder before changing direction.



RULES OF THE ROAD

We have discussed:

- ☐ Obey the rules of the road.
- ☐ Obey stop signs and traffic signals.
- ☐ Yield to pedestrians.
- ☐ Use crosswalks when appropriate.
- ☐ Ride in the same direction as traffic.
- ☐ Never weave between cars.
- ☐ Watch carefully around you at all times.
- ☐ Make eye contact with drivers when possible.
- ☐ In Cuyahoga Falls, it is acceptable to ride on sidewalk.



VISABILITY

- ☐ Wear bright or reflective clothing.
- ☐ Front white light works.
- ☐ Red rear light works.
- ☐ Reflectors are clean and visible.
- ☐ We know that lights are required when riding after dark.
- ☐ We have discussed when to use a bike bell and its importance.



HAZARD AWARENESS

We discussed watching for:

- ☐ Cars backing out of driveways.
- ☐ Pedestrians
- ☐ Gravel
- ☐ Railroad Tracks
- ☐ Construction Zones
- ☐ Parked Cars
- ☐ Turning Cars
- ☐ Trucks and buses that stop frequently.