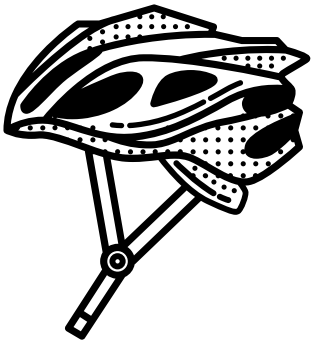


BIKING TO SCHOOL? BICYCLE SAFETY TIPS

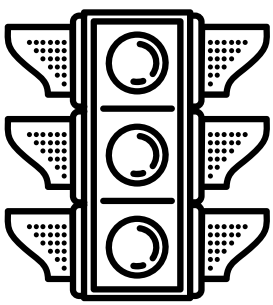
Make your safety a priority



1

PROTECT YOUR HEAD

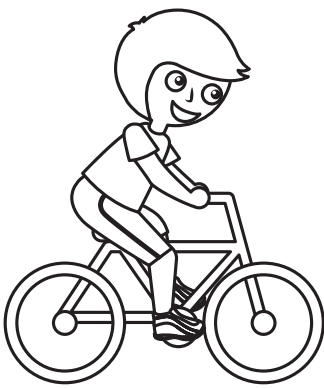
HELMETS ARE NOT AN OPTION. HEAD AND BRAIN INJURIES ARE A COMMON AND SERIOUS INJURY THAT CAN OCCUR WITH BICYCLING, AND COULD HAPPEN TO ANYONE AT ANY AGE. ONE BAD FALL FROM A BICYCLE CAN RESULT IN A SERIOUS BRAIN INJURY.



2

OBEY TRAFFIC LIGHTS

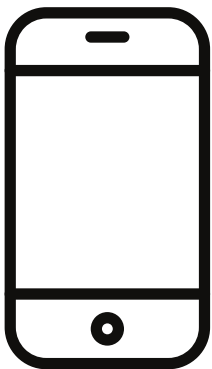
ALL BICYCLISTS, NO MATTER THEIR AGE, SHOULD ALWAYS KNOW AND OBEY THE RULES OF THE ROAD AND THE TRAFFIC SIGNALS THEY ENCOUNTER. THIS IS A MAJOR FACTOR IN KEEPING THEM SAFE FROM ANY POTENTIAL COLLISIONS WITH MOTOR VEHICLES.



3

PLAN YOUR ROUTE

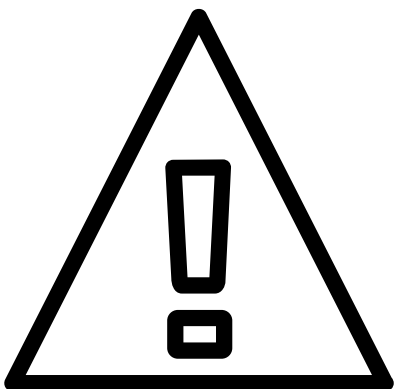
IT'S ALWAYS A GREAT IDEA FOR YOU AND YOUR CHILD TO PLAN A ROUTE TO AND FROM SCHOOL TOGETHER SO THAT YOU KNOW WHERE YOUR CHILD IS AND HAVE A ROUTE MAPPED OUT IN CASE OF AN EMERGENCY SITUATION.



4

STAY OFF YOUR PHONE

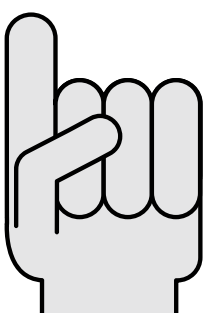
NEEDLESS TO SAY - BEING DISTRACTED BY A SMART PHONE IS THE NUMBER ONE CAUSE OF ACCIDENTS - AND THE DISTRACTION APPLIES NOT ONLY TO MOTORISTS, BUT ALSO TO PEDESTRIAN AND CYCLISTS.



5

KNOW THE DANGERS

MAKE SURE YOUR CHILD KNOWS HIS OR HER SURROUNDINGS - SUCH AS DRIVEWAY RIDEOUTS, INTERSECTIONS CONTROLS, DOGS IN THE AREA, TRAFFIC FLOW, AND OBSTACLES SUCH AS CURBS AND ROAD DEFECTS AS MOST ACCIDENTS INVOLVE FALLS, AND NOT CARS!



6

USE HAND SIGNALS

BICYCLISTS HAVE TO LEARN HOW TO SHARE THE ROAD WITH MOTOR VEHICLES, AND THIS MEANS MAKING SURE THE LINES OF COMMUNICATION ARE OPEN. TEACH YOUR CHILDREN HOW TO USE HAND SIGNALS TO LET DRIVERS KNOW WHICH DIRECTION THEY'RE TRAVELLING.