

Bicycle safety

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Bicycles are very important in our community. They are in use everyday for exercise, for traveling, and for sports, etc. They help us get to where we need to go and it's a better alternative to cars because they don't have a carbon footprint which is beneficial to our planet and the exercise is beneficial to our mental, emotional, and physical health. Before starting your cycling journey there are a few things we need to know before riding a bike.

There are many ways riding a bicycle can go wrong and to prevent that there are some steps we should take to ensure our safety. First cyclists should always wear a helmet just in case something goes wrong. They are more likely to survive a crash with a helmet than without. Additionally, check your bikes before riding to make sure they are safe for riding. According to the National Bicycle Safety Council, "The seat should be adjusted to the proper height and locked in place, Make certain all parts are secure and working properly, Check that the tires are inflated properly." (National Bicycle Safety Council) These are just some of the important things bike riders should check before riding a bike.

Knowing the traffic laws are necessary to bike riding so you know the flow of traffic to minimize the risk of crashes. The goal of a biker and a driver is to be safe, if everyone knows what to do on the road it will make a safer environment for pedestrians, bikers, and cars alike. Based on the article written by Kids Health, "Get acquainted with traffic laws; bicyclists must follow the same rules as motorists, Ride single-file in the direction of traffic, Remain alert, keep your head up and look around; watch for opening car doors and other hazards." (KidsHealth.) These are some traffic laws to ensure your safety when riding a bike.

Kids Health: “› teens › bike-safety” Amy W. Anzilotti MD, August 2022 KidsHealth [https:// kidshealth.org](https://kidshealth.org)

National Safety Council <https://www.nsc.org> › summer-safety › bicycles