

## Wheeling to School Safely

*Whether you are cycling or using another form of active transport, safety always comes first!*

**Wheel Responsibly!** *General rules for any type of active transportation.*

- **Always wear a helmet.** Wear your helmet with the straps firmly fastened whether you are an adult or a child.
- **Yield to pedestrians.** Ride slowly and always keep an eye out for pedestrians whether you are on the road or on the sidewalk.
- **Be visible.** Wear bright colours in the day and reflective material when it gets darker. Make sure to place reflectors on the front and back of your bicycles, scooters, backpacks, etc.
- **Parked cars can be hazardous too.** Car doors can open and vehicles can pull out into traffic without warning. Always leave enough space between yourself and parked vehicles.
- **Map your route.** Use streets that have less heavy traffic and safe crossing points. Streets with bike lanes are great for cyclists.
- **Carry what's necessary.** Avoid carrying heavy bags and never carry a passenger on a one-person vehicle.
- **Make some noise.** Use a bell, horn, or your voice to announce your approach to pedestrians and other commuters.



**Safe Cycling.** *Specific rules for riding bicycles on the road.*

- **Ride a bike that fits.** For children, the seat should be at hip height and feet should be flat on the ground when straddling the bike.
- **You're a vehicle too.** Bikes and cars obey the same traffic rules, such as stopping fully at stop signs.
- **Ride on the right.** Always ride with traffic and in single file.
- **Signal and shoulder check.** Look all around you, shoulder check, and signal before turning or stopping.