

I Cycle Safely



A Little Book with a Big Message



**Manitoba
Public Insurance**



Cycle Safely Program

Why Cycle?

- ✓ It's fun!
- ✓ It's healthy!
- ✓ It's good for the environment!

Here is your own
"I Cycle Safely"
pocket book.

It's a little book with a big message. It's full of safety tips and useful information about bikes. Share this book with your family and friends.

Enjoy your bike!



TOP TEN RULES

Be safe. Follow the top ten rules of the road:

1. Wear Your Helmet

Choose a helmet that:

- ★ is CSA, CPSC, Snell or ASTM approved. Check the label.
- ★ is a bright colour, fits snugly and is something you like.
- ★ is new or almost new. Most helmets last for five years. If your helmet gets hit hard, you need to get a new one.
- ★ is less than five years old and has not been hit by a hard object or by falling off your bike.
- ★ has adjustable straps **THAT YOU ALWAYS BUCKLE.**

Use the 2-V-1 rule:



Two (2) finger width above your eyebrow.



Adjust your side straps to form a **V** shape.



Adjust the chin strap so **one (1)** finger fits under it.

✓ **Do the buddy helmet-check. Before riding with a friend, check to make sure each other's helmet is on correctly.**

2. Obey Traffic Rules

Traffic signals, signs and lights are for cyclists as well as motorists.

Use the proper hand signals:



Left turn



Stop



Right turn (either is acceptable)

3. Keep to the Right

Ride single file, in a straight line, always the same way as the cars.





4. Shoulder Check

Look all ways. Shoulder check and signal long before turning or stopping. Return both hands to the handlebars to make the turn.

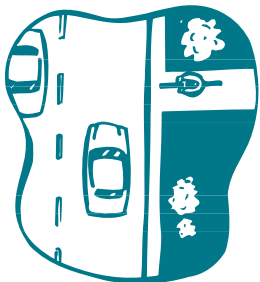
5. Turn Carefully

Most crashes happen at intersections. Be careful, look and listen before going ahead. Left turns – walk your bike across the intersection until you get more experience. Right turns – watch for cars turning right.



6. Be Careful Near Parked Cars

Watch for drivers who may open their doors or pull out, be ready to stop and ride a safe distance away from parked cars.



7. Watch Out for Moving Cars

- Before riding into the street, stop and look all ways.
- Before crossing a street, try to make eye contact with drivers so they see you.

8. Watch for Pedestrians

If the tires on your bike are 41 cm or less, you may ride on the sidewalk. Be ready to slow down or stop to share the sidewalk with pedestrians.



9. Be Seen

Always wear white or bright clothes. If you have to ride after dark, make sure you have a front white light and a red or amber reflector on the back. Try not to bike at night.



10. Stay Away from Busy Streets

Use bike paths and quiet streets. Stay away from busy roads and highways.

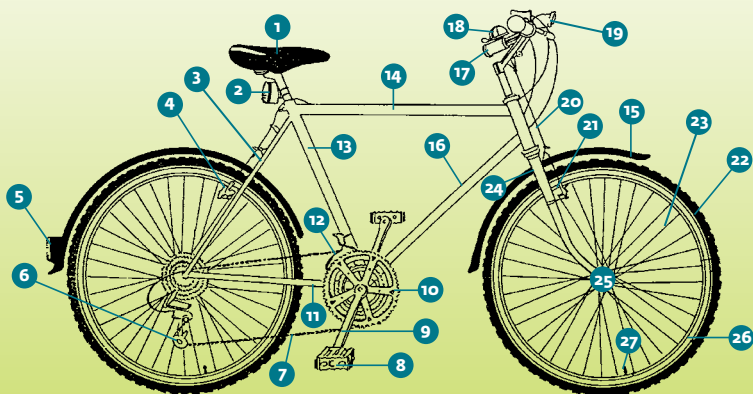


BE SIZE WISE

Bikes, just like your shoes, need to fit. You'll be more comfortable and in control.

1. Straddle the top tube with your feet flat on the ground. You should be able to lift your bike 2 to 3 cm off the ground.
2. Adjust your seat, so that you can touch the ground with the balls of both your feet.
3. Go for a test ride. Check to see that the leg on the pedal close to the ground is slightly bent at the knee.

PARTS SMARTS



- 1 Seat 2 Rear Light 3 Seat Stay 4 Rear Brake 5 Red or Amber Rear Reflector 6 Rear Derailleur 7 Chain 8 Pedal 9 Crank Arm 10 Chain Ring 11 Chain Stay 12 Front Derailleur 13 Seat Tube 14 Top Tube 15 Fenders 16 Down Tube 17 Handlebar Grip 18 Bell 19 Front Light 20 Brake Cable 21 Front Brake 22 Tire 23 Spokes 24 Fork 25 Hub 26 Rim 27 Tire Valves

WHAT SIZE BIKE?

As a general rule of thumb, kids

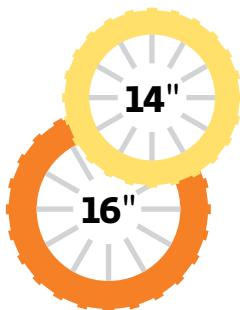


Aged 2-4

with a height of 26-34" and inseam of 14-17" should have a bike with 12" wheels.

Aged 4-8

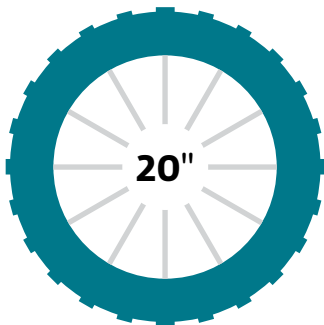
with a height of 34-42" and inseam of 16-22" should have a bike with 14" wheels or 16" wheels (ie. taller kids would have a bike with larger wheels, perhaps even a bike with 18" wheels).



Aged 6-9

with a height of 42-48" and inseam of 20-24" should have a bike with 18" wheels.

Aged 8+
with a height of 48+"
and inseam of 24+"
should have a bike with
20" wheels, or larger.



Keep your bike in
good riding condition.

Check it every time you ride.



CHECK IT OUT!

Before every ride, I check that:

- ✓ my tires have enough air.
- ✓ my bicycle seat and handlebars are tight.
- ✓ my wheels are on tight.
- ✓ my brakes work.

Before I ride my bike in the spring, I make sure that:

- ✓ all moving parts have been greased or oiled.
- ✓ all the nuts, screws and bolts are tight.
- ✓ the tires are in good shape.
- ✓ all the spokes are in place.
- ✓ if something is broken or missing, I get it fixed.

The Drop Test:

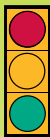
1. Hold the bike by the handles and seat.
2. Pick it up a few centimetres off the ground.
3. Gently drop it. If there are strange rattles, check to find out what is wrong.

Traffic Signs:



Stop

Come to a full stop.
Check for traffic all
ways. Go when it's safe.



Traffic Lights Ahead



Crosswalk

Slow down. Be ready
to stop for
pedestrians.



Yield

Slow down or
stop for traffic.



No Bicycles Allowed



Railway Crossing

Slow down.
Look both ways.
Listen for a train.
Go if it is safe.



Do Not Enter



Bicycles Allowed



School Zone



Slippery Road

Go carefully. The road
may be slippery.



Playground Ahead

Go carefully.
Children at play.



Diamond Lane



One Way

Go only the way
the arrow is
pointing.

CYCLE SAFELY

- Pay attention.
- Follow the rules of the road.
- Don't weave, race or stunt-ride on the road.
- Never carry riders or packages.
- Always be ready to stop.
- In bad weather, slow down.



Top Ten Rules of the Road

1. Wear your helmet.
2. Obey traffic rules.
3. Keep to the right.
4. Shoulder check.
5. Turn carefully.
6. Be careful near parked cars.
7. Watch out for moving cars.
8. Watch for pedestrians.
9. Be seen.
10. Stay away from busy streets.



For further information, please contact:

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