Bike Train

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| * WEAR YOUR HELMET. Always wear a properly-fitted helmet. No helmet, no ride. * KNOW YOUR SKILLS. Be able to start and stop smoothly, ride in a straight line without weaving, and use hand signals while maintaining your balance. * CHECK YOUR BIKE. Before riding, make sure your tires have enough air, your brakes work and your pedals spin smoothly. Take a test ride to make sure everything works well. * GO WITH THE FLOW. Always ride in the street going the same direction as traffic — never against. * AVOID THE DOOR ZONE. When riding near parked cars, stay 3-5 feet away in order to avoid hitting open car doors. * TAKE THE LANE. Where the lane is too narrow to share safely with a car, feel free to ride in the center of the travel lane. It’s safer for you and people driving. * RIDE SINGLE FILE. Leave space between you and the person in front of you in case of a sudden stop. * STOP AT SIGNS AND LIGHTS. Always come to a full stop at stop signs or red lights. Only proceed when it is safe or the light turns green. * PEOPLE WALKING HAVE THE RIGHT OF WAY. Always yield to your friends on foot. * COMMUNICATE. Use hand signals to indicate turns, slowing and stopping. Calling out “slowing,” “turning,” or “stopping” can also be helpful when riding in a group. * DRESS TO BE SEEN. Bright colors are more visible during the day, and light colors are more visible in the evening or at night. Reflective clothing is always a good idea, too! * BRING YOUR LOCK. Always use a hardened steel U-lock to secure your bicycle once at school. Attach the frame and front wheel of the bike to the bike rack. | **Questions? Contact:**  Safe Routes to Schools at  [info@alamedacountysr2s.org](mailto:info@alamedacountysr2s.org) | |

Safety Tips

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|  | Image result for metropolitan transportation commission, logo no background | *The Alameda County Safe Routes to Schools Program is funded by the Alameda County Transportation Commission (www.alamedactc.org). Your transportation dollars at work!* |