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## **Report as of April 16, 2018**

### BIKES

Every Child Travels Safely (from nyspta.org)

This is from the [www.NYSPTA.org](http://www.NYSPTA.org) website and just one of their many initiatives. “The mission of NYS PTA is to be a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for the education and wellbeing of every child.”

The Every Child Travels Safely initiative focuses on transportation safety and to see that children and caregivers increase safety in all aspects of child travel. The information comes from that Governor's Traffic Safety Committee. There are activity pages for the kids on the NYS governor's website. As well as much of the information in this report.

The Every Child Travels Safely has information for families and educators:

Bike and Wheel Sport Safety  
Car Seat and Seat Belt Safety  
Public Transportation Safety  
Railroad Crossing Safety  
Safe Walking  
School Bus Safety”

The weather is getting warmer and children will want to go outside to play, which will include riding their bikes. There are so many great reasons for children to ride their bike; for fun, freedom and exercise; Bike riding is also eco-friendly.

It is important to follow some important tips as well as the laws in NYS about cycling. Wearing a properly fitting helmet is extremely important. A properly fitted helmet is the most effective way to reduce the risk of a head injury or even death. It can reduce the risk of head injury by at least 45 percent. In New York State, all bicyclists under the age of 14 years old are required to wear safety certified bicycle helmets when they are operators or passengers on bicycles (Sec. 1238(5)). Children aged 1 to 4 must wear certified bicycle helmet and ride in specially designed child safety seats (from the NYSDOT website).

Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.



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Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.

Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

<https://www.safekids.org/bike>

#### BIKE SAFETY TIPS

**Wear a Helmet:** 'Use your head, wear a helmet.' It is the single most effective safety device available to reduce head injury and death from bicycle crashes.

Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children's helmet should meet the U.S. Consumer Product Safety Commission's (CPSC) standards. When it's time to buy a new helmet, let your children pick out their own; they'll be more likely to wear them for every ride.

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids recommends kids take the Helmet Fit Test

Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into. When children are sitting on the seat of the bicycle, their feet should be able to touch the ground.

Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated. Long or loose clothing can get caught in bike chains or wheel spokes. Dress young kids appropriately to ensure a safe ride.

Actively supervise children until you're comfortable that they are responsible to ride on their own. Teach children to remain alert and to always look for cars. It is recommended that children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic. Parents should demonstrate proper cycling behaviors.

Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.



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“Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights. Be predictable when riding.

Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.



When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.

Most states require a front light but allow the use of a rear reflector. Headlights aren't so much for bicyclists to see where they are going but for others to see them. Riding without a headlight means drivers won't see you, and surprising motorists is never a good idea.”

<https://www.safekids.org/tip/bike-safety-tips>







See attached PDF files: Wheeled sports rules of the roads and Bike Safety Tips 2015. Below are some traffic signs which are important to know:

### Traffic signs and signals and what they mean

Signs & Signals	What they mean
	<p>A sign like this one means that there is a bike lane or bike path. If there is a bike path or bike lane on the side of the road, you are required by law to use it. If there is not a bike lane, you should ride with traffic as far to the right side of the road as possible.</p>
	<p>When the signal light turns green, cars go. When you cross the street at a signal light, you should wait for the walk signal. Some corners don't have a walk signal, so you should wait for the green light to show in your direction. Remember that cars may be turning, so be sure to look carefully to the left, <b>right and left again</b>, before crossing the</p>










## Traffic signs and signals and what they mean

Signs & Signals	What they mean
	street.
	<p>The WALK signal is found at busy intersections. It means that it is okay for you to cross the street. <b>BUT</b> you should always look both ways, by looking to the left, <b>right and left again</b>, to make sure no cars are coming or turning into the area where you are going to cross the street.</p>
	<p>This signal is the same as the WALK sign. It has a picture of a person walking instead of using the word WALK.</p>
	<p>When the signal light turns yellow, car drivers should slow down and prepare to stop. If you are waiting to cross the street, you should <b>not</b> cross if the light is yellow. The light is about to turn red, but cars will enter the intersection.</p>
	<p>When the signal light turns <b>red</b>, car drivers should stop. If the light is red in your direction, you should not walk across the street.</p>
	<p>The DON'T WALK signal is on the same signal as the WALK signal. You should wait to cross the street until the signal changes to WALK.</p>
	<p>This signal is the same as the DON'T WALK sign. It is part of the signal with the picture of a person walking. This is a picture of a red hand, meaning you should stop. You should wait to cross the street until the green picture of the person walking is showing.</p>








## Traffic signs and signals and what they mean

Signs & Signals	What they mean
	<p>Car drivers, bikers and in-line skaters must come to a complete stop at STOP signs. When there are no vehicles or pedestrians in the intersection and it is safe, you may go through the intersection.</p>
	<p>A yield sign means to slow down and be ready to stop.</p> <p>If there are pedestrians or vehicles in or nearing the intersection, you must stop.</p> <p>If there is no traffic in or nearing the intersection and it is safe, you may go through.</p>
	<p>Do not enter means that this is a one way street and you may not go this way. This is also a rule for bikers and in-line skaters.</p>
	<p>This is a one way street, car drivers may only go in the direction of the arrow. This is also a rule for bikers and in-line skaters.</p>
	<p>This sign means you are coming to a crosswalk.</p> <p>Car drivers, bikers and in-line skaters <b>must stop</b> to allow people in the crosswalk to cross the street.</p> <p>If you are using a crosswalk to cross the street, you should look carefully to the  <b>LEFT</b> <b>left, right and left again</b> to be sure it is safe to cross.</p>
	<p>This sign means that you are coming to an intersection and should be prepared to stop. At a busy intersection, it is safer to walk your bike across the street instead of riding it.</p>



## Traffic signs and signals and what they mean

Signs & Signals	What they mean
	<p>This sign means you are near a school crossing zone. For more information see:            The <a href="#">School Bus and School Zone Safety Kids Page</a>, or  <a href="#">Crosswalks</a> above.</p>
	<p>This sign means you are coming to a railroad crossing. Railroad tracks are uneven. You should not try to bicycle or in-line skate over them. For more information see:            The <a href="#">Railroad Safety Kids Page</a>.</p>
	<p>When people are working on the roads, parts of the road or sidewalk are often dug up or rough. Be careful when walking, bicycling or in-line skating. Uneven, rough roads could make you fall off your bike or in-line skates. If you must move into the road to go around a work area, you should stop and look carefully to be sure there is no traffic coming before going into the road.</p>
	<p>A detour is a way of getting around a roadway that is closed. Roads are usually closed because of road work or dangerous conditions. If you must take a detour, use caution on roads you aren't used to.</p>
	<p>These signs show the directions and distances to towns and cities.</p>

Think you know this? Take the [Traffic Sign Quiz](#).

[Environment Advocacy Report -April 2018 Attachmet bike safety tips-2015 - Copy.pdf](#)

[Environmnet Advocacy Report - April 2018 Attachment Wheeled Sports Rules of the Road - Copy.pdf](#)