

NAME: _____

GRADE: _____

SCHOOL: _____

DATE: _____

Get ready to ride your bike safely by checking your bike and helmet and following the safety rules below!



Texas Children's Hospital®

WEAR A HELMET

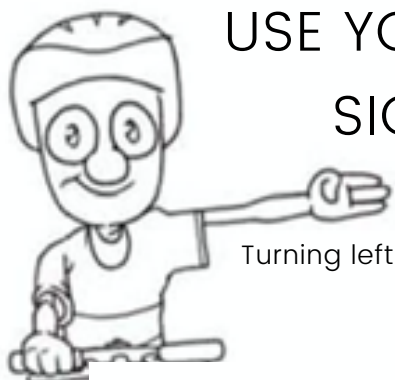


Remember the rules: EYES
EARS
MOUTH

FOLLOW THE SIGNS

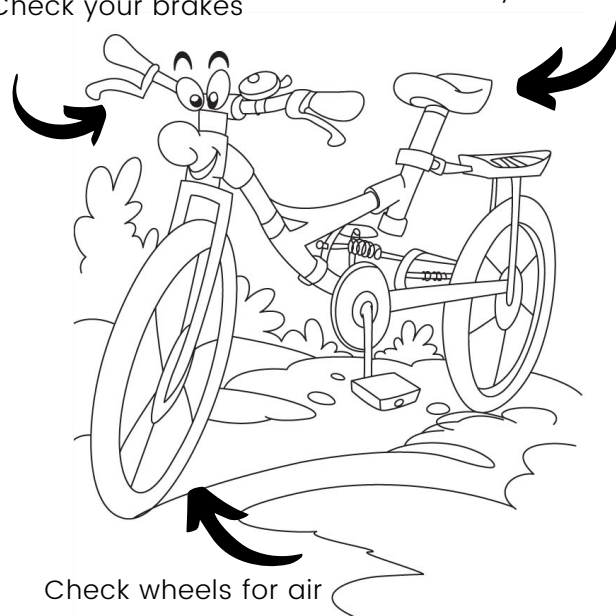


USE YOUR HAND SIGNALS



CHECK YOUR BIKE

Check your brakes Check your saddle



Check wheels for air