

# LEARN TO RIDE RIGHT!

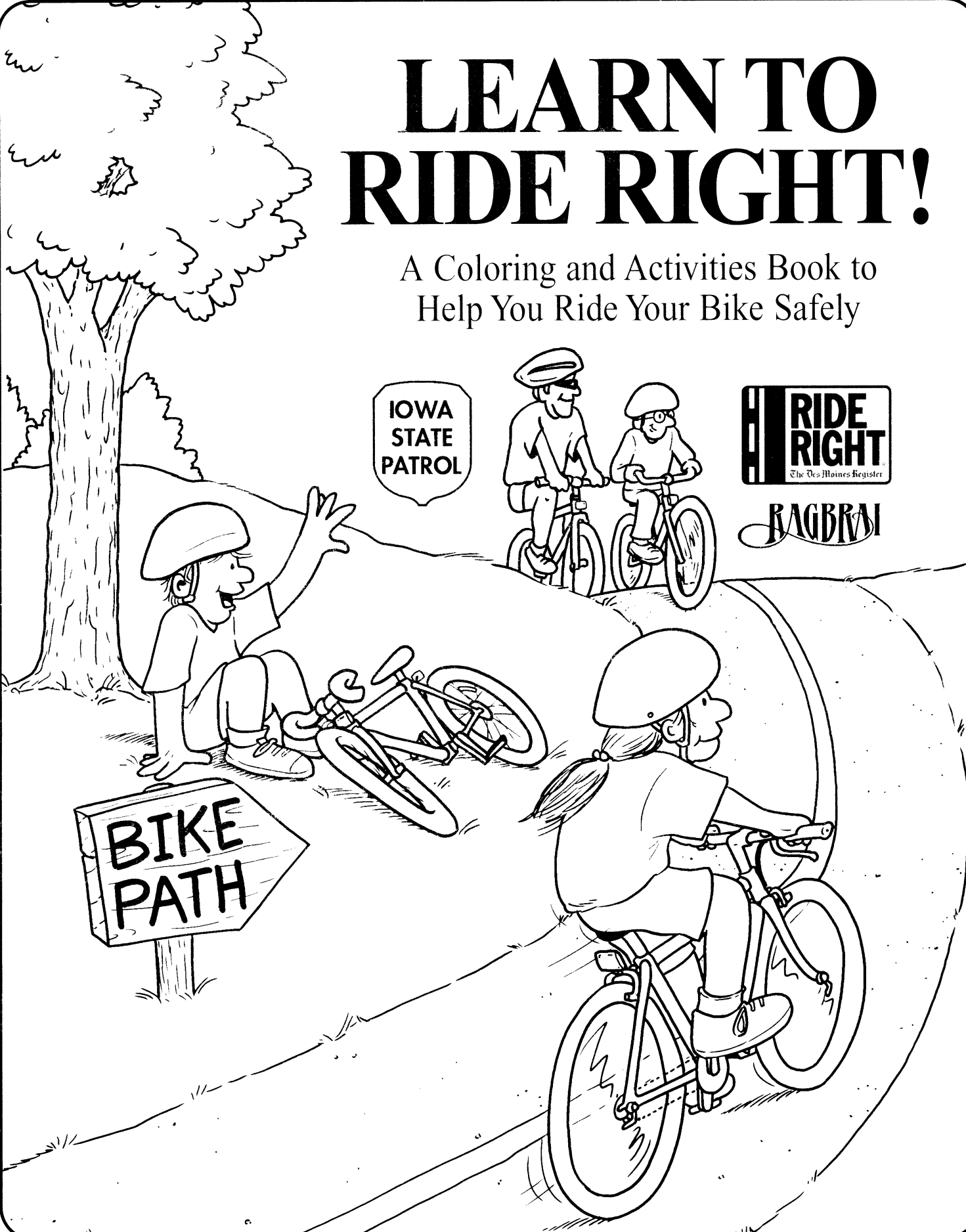
A Coloring and Activities Book to Help You Ride Your Bike Safely

IOWA  
STATE  
PATROL

**RIDE  
RIGHT**  
The Des Moines Register

**RAGBRAI**

BIKE  
PATH

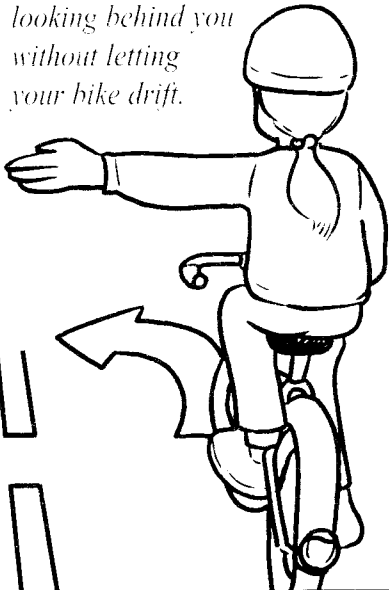




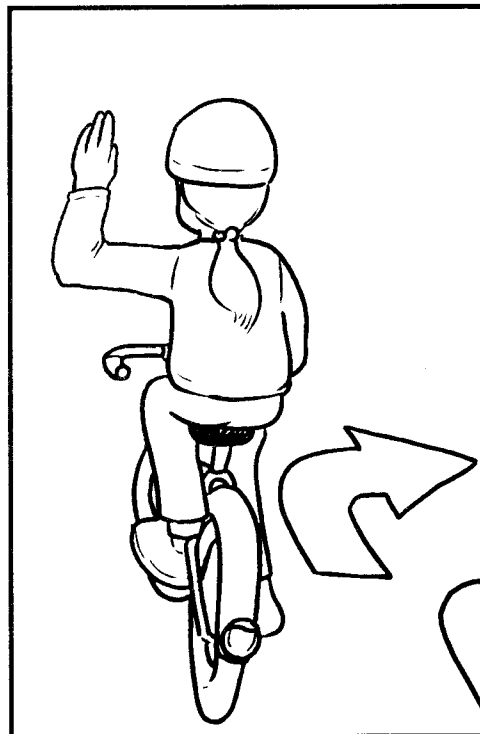
Riding your bike is fun—  
if you do it *safely*.

*Use your left hand to signal for turns and stops.*

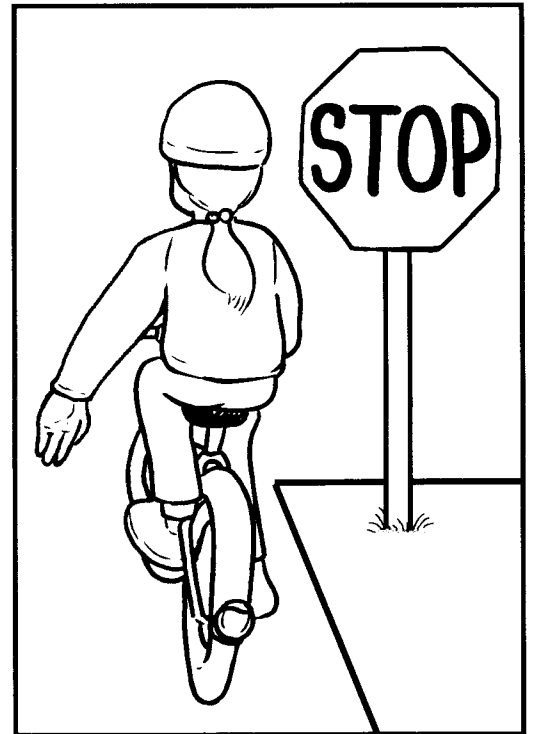
*Always look in all directions  
for approaching traffic when  
making turns, and practice  
looking behind you  
without letting  
your bike drift.*



Extend your arm straight  
out to signal a **left turn**.



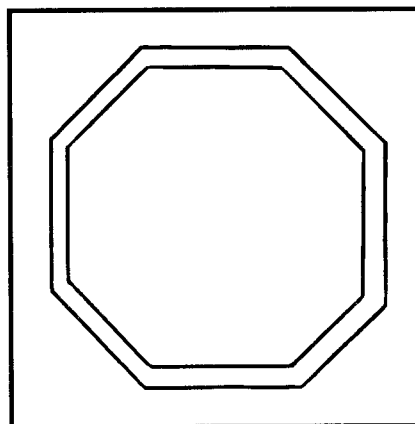
For a **right turn**, extend  
your arm out and up.



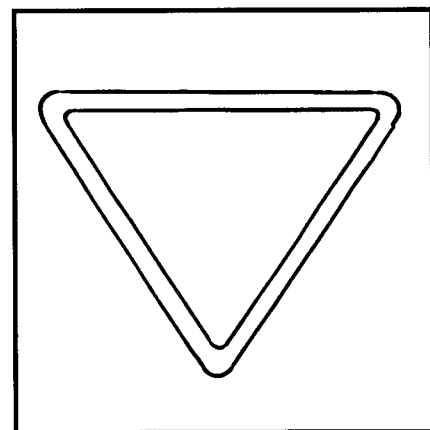
When coming to a **stop**, extend  
your arm out and down.

**B**ikes are considered vehicles,  
just like cars or trucks. So bike  
riders must obey all street signs  
and traffic lights.

Match the words on the far-right  
side with the correct sign shapes.



**A**



**B**

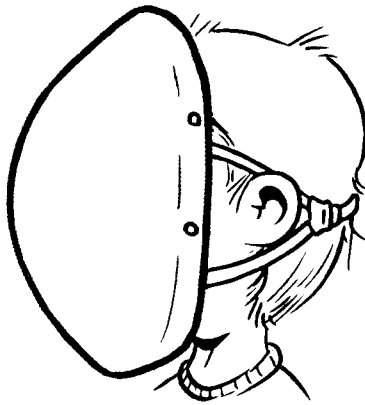
Always wear a bicycle helmet when you ride your bike.



*Helmets should be fitted and worn properly!*



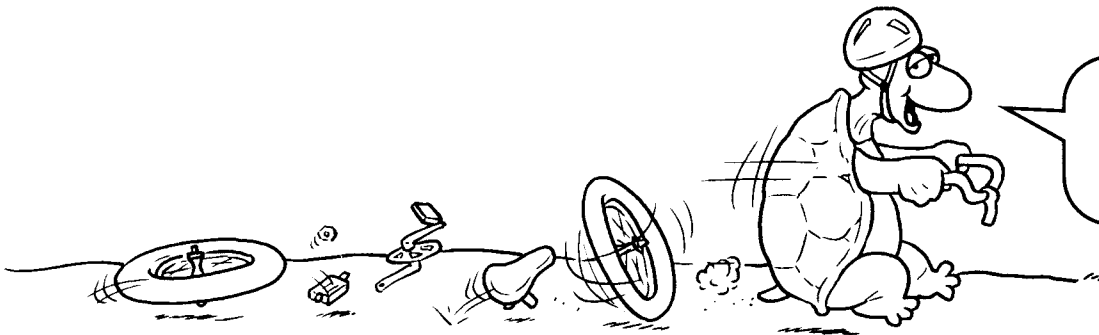
*Too loose!* Your helmet should not slide around on your head.



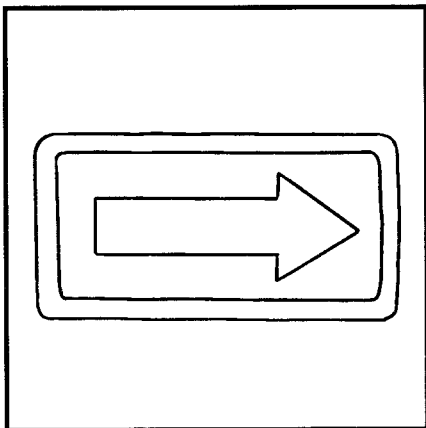
This guy is missing the point completely!



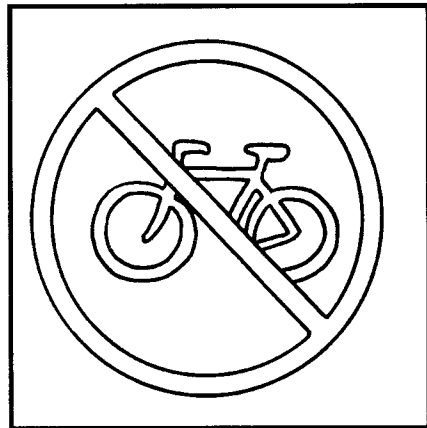
*A perfect fit!* Helmet is snug and stays centered on your head.



My helmet protects my head just like my shell protects my body.



**C**



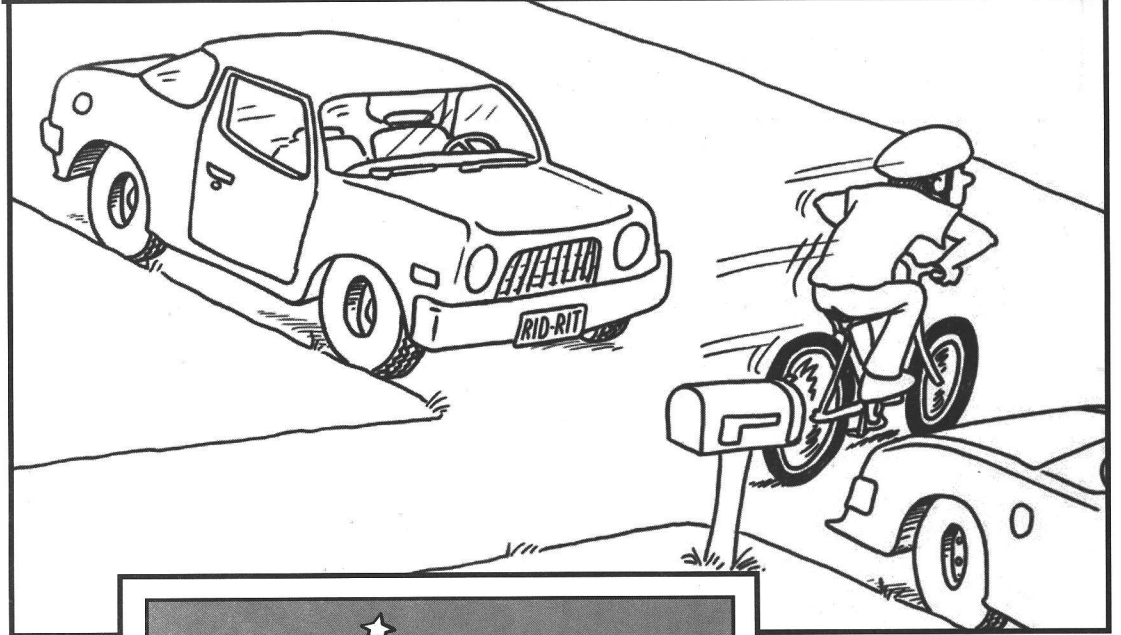
**D**

- **One Way**
- **No Bicycles**
- **Stop**
- **Yield**

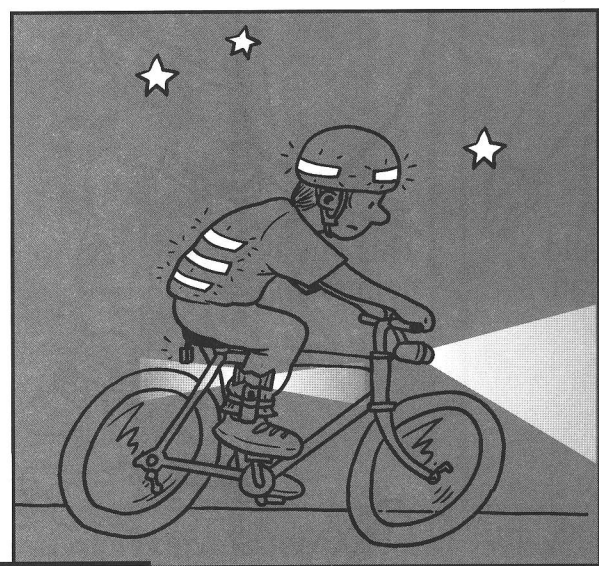
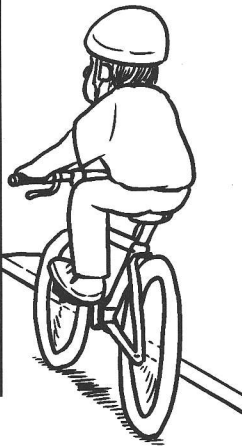
# Bicycling *Do's* and *Don'ts*

**R**emember—a safe rider is a smart rider. Watch for cars and obey street signs. **NEVER** enter a roadway between parked cars! At busy intersections, get off your bike and use the crosswalk.

**42% OF BICYCLE ACCIDENTS HAPPEN LIKE THIS!**



**W**hen you're old enough to ride your bike in the street—be extra careful! Stop and look all ways before riding into the street. Be sure you see all the cars, and be sure they see YOU! Ride on the right side and go the same way as cars. Ride single file, near the curb—so that cars have room, too.



**I**t's best not to ride at night, but if you *must* ride at night:

- Wear bright-colored, reflective clothing.
- Use a headlight, a tail light and a leg-strap light.
- Make sure your bike has lots of reflectors.

**Y**our brakes are very important. Check to see if the brake pads are worn. If they are, have a grown-up help you replace them!

