

9. Stop it.

Check brakes before riding

Control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brakes slightly before the front brake. Remember to ride slowly in wet, slippery weather and to apply brakes earlier since it takes more time to stop.



10. Check your Wheels

Wheels should be securely fastened.

Check wheels before every ride, after every fall, or after transporting your bicycle to be sure that they are fastened secure. Make sure that tires are properly inflated.



Protecting your Bicycle Against Theft



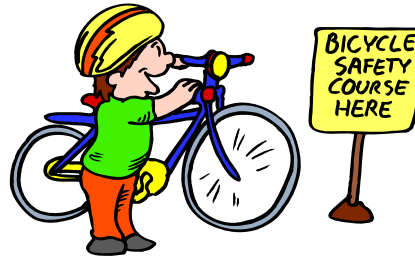
A bicycle can be stolen from just about any place, but simple precautions can deter would-be thieves. Remember, most bikes that were stolen were not locked!

- Don't forget to lock up your bicycle securely. Theft can occur within a few minutes or a few hours. Use a U-lock securing both wheels and the frame to a stationary object such as a post, fence, tree, or bike rack. For extra security, use an additional chain or cable with a good padlock.

- Keep track of the serial number of your bicycle along with the sale receipt and photographs.
- Mark your bicycle with an engraver to deter thieves and to help the police in identifying and returning a stolen bike to the rightful owner. Use your drivers license or California ID card number.

Take Action for Bicycle Safety

- Parents, schools, and young people can work together to identify safe routes to school and develop bicycle safety education programs. The National Highway Traffic Safety Administration offer booklets and other information explaining bicycle safety rules and suggestions for teaching them.
- Students attending schools within the City of Hawaiian Gardens should participate in the Bike for Life Program offered through the Human Services Department.



Each month a student from a local school will receive a free bicycle. (For Rules and Guidelines please contact the City of Hawaiian Gardens Human Services Department at (562) 420 –2641 ext. 250)



**A Safety Message from
the
City of Hawaiian Gardens
Public Safety Center
11940 Carson St.
Hawaiian Gardens, CA 90716**

Ten Smart Routes

Gear up for Safety

Riding a bicycle can be a fun and exciting hobby as well as feasible transportation. When you ride, you're not alone. A bicyclist shares the road with cars, trucks, pedestrians, and other cyclists. To prevent a bicycling adventure from turning into a bicycling tragedy

remember safety first!

1. Be safety smart from the Start.

Wear a helmet.



Studies have shown that using a helmet can help reduce head injuries by up to 85%. Select a helmet that has a snug, but comfortable fit. Look for the helmet labels that how show they are recommended by either the American National Standards Institute (ANSI) or the Snell Memorial Foundation. Remember, a helmet is required for anyone under the age of 18.

2. See and Be Seen

Wear reflective clothing

A bicyclist should dress in light colors to be more visible. Also, make sure that loose items like books are carried in a back pack or secured to the bike rack.

3. Travel with traffic

The safe way is the right way.

It is important to follow all rules of the road including signs, signals, and road markings.



Use bike lanes whenever they are available and always walk your bike across busy intersections.

4. Look both Ways

Be aware of traffic around you

Seven out of ten car-bicycles crashes occur at driveways or other intersections. Before you enter a street or intersection, check for traffic and always look left-right-left. Ride in a single file line and leave distance between you and a parked car, doors may open suddenly.

5. Stay Alert

Keep a lookout for obstacles in your path

Watch out for potholes, sewer gratings, cracks, railroad tracks, loose gravel, and broken glass. Be-



fore going around any object, look ahead and behind you for a free gap in traffic. Plan your move, and then signal your intentions. Be especially careful in wet weather, as water can make you slip and cause your brakes to work improperly.

6. Beware the Dark Side

Be cautious when biking at night



If you have to ride at night display front and rear reflectors on your bicycle. Wear reflective clothing or material, especially on you ankles, wrist, back and helmet. Ride in areas that are familiar and on streets that are brightly lit. A light is required when riding at night.

7. Go Off- Road

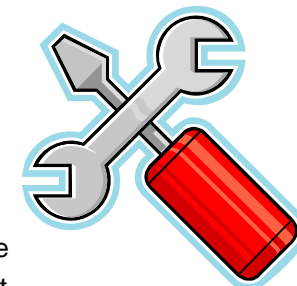
Follow designated bike routes if available



Bicycle routes are marked by special signs or lines. Bike paths are special areas reserved for bikes. Become familiar with such accommodations for cyclists in your area.

8. Fix It Up

Make sure your bicycle is adjusted properly



Your bicycle should be correctly adjusted to fit you; your feet should rest on the ground while sitting in the seat. Before using your bike, check to make sure that all parts are secure and working. The handlebars should be firmly in place and turn easily; the wheels should be straight and secure.