

CHILD SAFETY AWARENESS MONTH

WEEK TWO: BICYCLE AND PEDESTRIAN SAFETY

Many of Florida's children are returning to school this month on bike and by foot. Here are some helpful safety tips:

➤ **Bicycle Safety**

- Make sure all equipment on the bicycle is in working order (brakes, gears, tires, etc.).
- All bicycle riders and passengers under age 16 are required by Florida Law to wear a helmet.
- Always wear a properly fitted helmet and securely fasten the strap.
- Wear appropriate shoes (such as sneakers). Avoid wearing flip-flops or riding barefoot.
- Be seen. Wear neon or fluorescent or bright colors when riding and wear something that reflects light (reflective shoes, reflective tape, etc.).
- Avoid wearing headphones so that you can hear the traffic and pedestrians around you.
- Ride in the same direction of traffic and stay as far to the right as possible. Use bike lanes whenever you can.
- Obey all traffic laws when riding on the roadway. If crossing a roadway upon or along a crosswalk, abide by pedestrian crossing guidelines.
- Always ride with your hands on the handlebars. Put items like books in a backpack or carrier.
- Never attach yourself or your bike to any vehicle on a roadway.
- When riding with other cyclists, ride single file.
- Never text and ride.
- Avoid riding at night. If riding between the hours of sunset and sunrise, Florida Law requires that the front of the bike be equipped with a lamp which exhibits a white light visible for 500 ft, and the rear of the bike be equipped with a lamp and reflector, both which exhibit a red light visible for 600 ft.
- Cross at intersections and never pull out into the roadway from between parked cars.
- If riding on the sidewalk or in a crosswalk, yield to pedestrians and give them an audible signal (such as, "passing on your left") before overtaking and passing them.

➤ **Pedestrian Safety**

- Walk on the sidewalk if there is one. If no sidewalks are present, walk against the direction of traffic so that you can see oncoming vehicles.
- Cross the roadway at corners or in crosswalks. Cross where pedestrians are expected.
- Never enter the street from between parked cars. Always use a crosswalk.
- If crossing mid-block cannot be avoided, pedestrians must yield right of way to vehicles on the roadway.
- Be seen. Wear bright, reflective colors on clothes, shoes hats, and wristbands. Carry a flashlight when walking at night.
- Pedestrians should move along the right half of the sidewalk whenever possible.
- Do not text while walking.

- Avoid wearing headphones so that you can hear the traffic and pedestrians around you.

➤ **Crosswalk Safety**

- Follow pedestrian signs and signals. Pedestrians should yield right of way to vehicles if the crosswalk signal is red or “Don’t Walk.”
- Stop at the curb or the edge of the road if there is no curb. Stop and look left, then right, then left again for moving vehicles before you step into the street.
- If a car is parked where you are crossing, look to make sure there is no driver and that the car is not running. Then walk to the edge of the car and look left-right-left to see if cars are coming.
- When the crosswalk is clear (and signal indicates it is time to cross), walk—don’t run—across the roadway.
- Always watch for traffic when crossing the street.
- Never text or look at cell phone while crossing the street.