



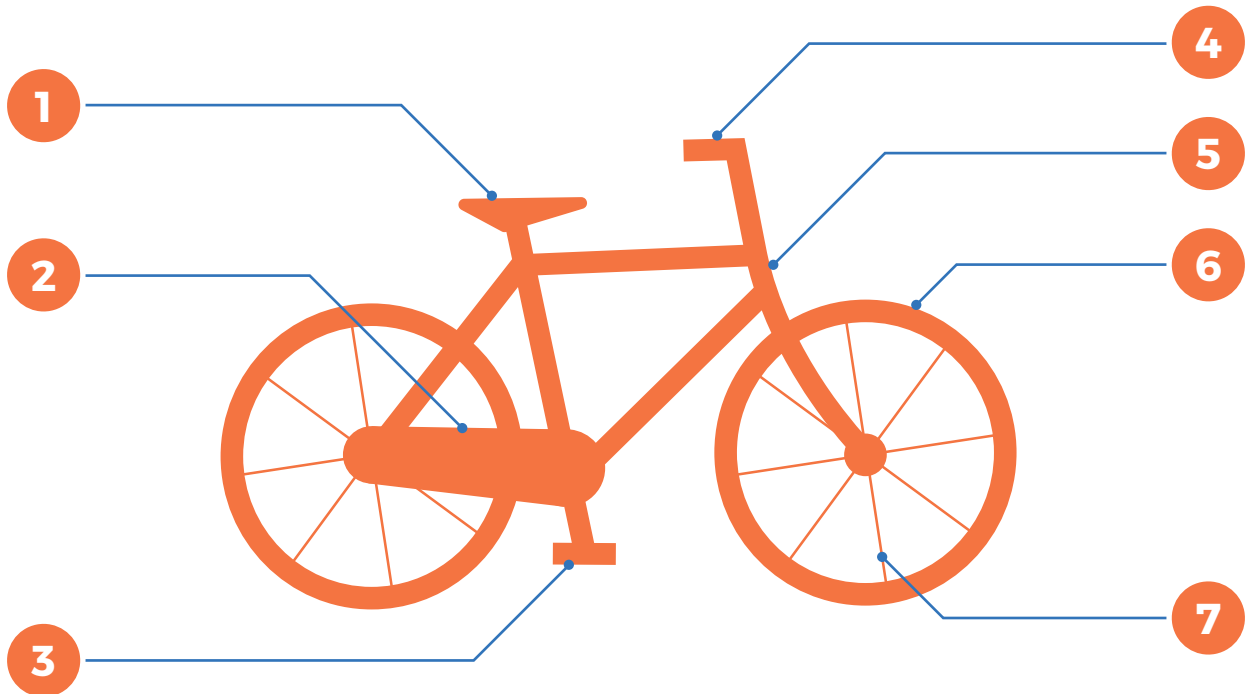
King County

School Pool

## LABEL THE BIKE PARTS

Can you help Alex make sure her bike is safe to ride?

**FILL IN THE BLANKS** with the correct bike parts.



### Bike Tip: ✓

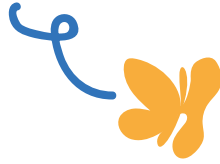
Did you know there are two different types of bicycle brakes? Check the type of brakes you have on your bike or you're familiar with.

- Back Pedal Brakes:**  
When you press backwards on your pedals, your wheels will stop turning.
- Handlebar Brakes:**  
When you squeeze the brakes on your handlebars, your bike will stop.

ANSWERS: 1. Seat 2. Chain 3. Pedal 4. Handlebar 5. Frame 6. Tire 7. Spoke



# WORD SCRAMBLE



Jay is ready to go to school. Help him reveal these important safety tips so you can both stay safe as you walk and bike.

**CAN YOU SOLVE THE PUZZLE?**

- 1 Stop. Look left, right, and left again to look for **RTIFAFC** before crossing the street.
- 2 Before crossing the street, make eye contact with **VIRESRD** to make sure they see you. Wait for cars to TSPO before you walk.
- 3 When possible, always walk on **IDKALWES**. If there is no sidewalk, walk on the left side of the street **TGAIANS** traffic.
- 4 Before getting on your bike, check your **ERTIS** for air, your **KESARB** for good stopping, and your **HACIN** for proper placement.
- 5 Ride to the **IRTHG**. When riding your bike on the street, always ride in the **AESM** direction that cars go.
- 6 Always stop at stop **SSING** and stop **GSIHLT**.

## Possible Answers:

Signs	Sidewalk
Same	Drivers
Lights	Against
Tires	Right
Breaks	Traffic
Chain	Stop

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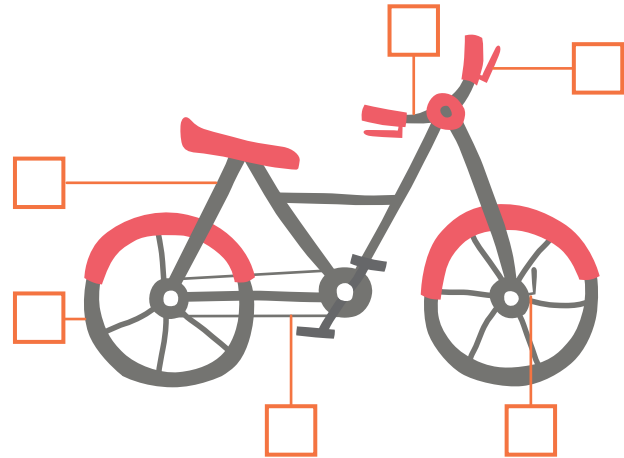
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**ANSWERS:** 1. Traffic 2. Drivers 3. Sidewalk, Against 4. Tires, Brakes, Chain 5. Right, Same 6. Signs, Lights

# TEST YOUR BIKE SKILLS

Biking is a fun way to spend time outside and get around. Test your knowledge of bikes and bike safety!



**1** Check your bike to make sure it's safe and in good condition to ride before you jump in the saddle. Match the orange letters below to the bike diagram above.

**A** **QUICK RELEASE:** Are your quick release levers on tight?

**B** **CHAIN:** Is your chain threaded over the sprocket and properly oiled?

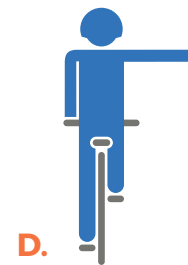
**C** **HANDLEBARS:** Do you have a light and/or bell mounted?

**D** **BRAKES:** When you squeeze, do they stop the tires?

**E** **SEAT:** is it a proper height for you to pedal?

**F** **TIRES:** do they have enough air?

**2** Imagine this person is bicycling forward, and you are looking at the back of the person. Label the hand signals with the proper meaning.



**3** What are the **five** most important actions or rule of the road that all bicyclists must follow for safe riding?

- |   |  |
|---|--|
| <input type="checkbox"/> <b>A.</b> Obey all traffic laws and signs (just like cars) | <input type="checkbox"/> <b>E.</b> Check your bike for safety                          |
| <input type="checkbox"/> <b>B.</b> Always use hand signals                          | <input type="checkbox"/> <b>F.</b> Ride on the left side of the street against traffic |
| <input type="checkbox"/> <b>C.</b> Always ride on the sidewalk                      | <input type="checkbox"/> <b>G.</b> Use lights and bright clothing when riding at night |
| <input type="checkbox"/> <b>D.</b> Wear a properly fitted helmet                    | <input type="checkbox"/> <b>H.</b> Always let cars go before you at intersections      |

**4** How do you properly fit a helmet? What does each step show?



**A.**

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**B.**

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**C.**

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- ANSWERS:**
- 1.** A. Seat, B. Tires, C. Chain, D. Quick release, E. Brakes, F. Handlebars
  - 2.** A. Slowing B. Turning left C. Turning right D. Turning right
  - 3.** A, B, D, E, G
  - 4.** A. You should see the bottom rim of the helmet. B: Straps should form a V under the ears when helmet is buckled. C: When opening your mouth wide, the helmet should hug your head.