



# Bike Safety

You probably already know that riding a bike is FUN. But biking is also healthy for your body, good for the environment, and practical for getting around town. Pedal through this patch to learn the safety of bike riding!

How to earn the Bike Safety patch the Girl Scout way:

## Steps:

1. **Discover**—Safety for you and your bike.
2. **Connect**—Safety on the road.
3. **Take Action**—Venture out.

## Materials:

In order to complete this patch, you'll need a few things:

- A bike and properly fitting helmet (See Step 1.)
- Tire pressure gauge
- Sneakers and straight/fitted clothes
- Items for a kit (See Step 2.)
- Adult/parent or internet

## STEP

# 1

## Safety for you and your bike

Check the ABC's for your bike:

- **Air:** Check tire pressure and ensure that it meets the tire's specific air requirement.
- **Brakes:** Check the pad and brakes to make sure they are working properly and understand how you should use them.
- **Chain:** Make sure that the chain is engaged with gears and shifting smoothly.

In addition, be sure that you check the following :

- **Clothes and shoes:** Make sure you are not wearing loose-fitting clothing. Put on closed toed shoes like sneakers.
- **Helmets:** Your helmet should sit LOW on your forehead. There should only be one or two finger-widths above your eyebrow. The left and right straps should form a "Y" and meet right below your ear.

## STEP

# 2

## Safety while on the road

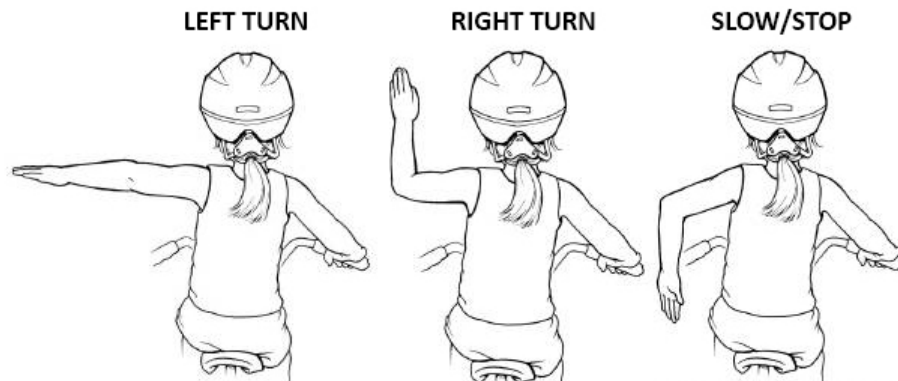
Prepare a kit by finding items you may want to take with you while out bicycling. Pack them in a backpack or something else you can wear while biking.

- Water bottle
- Tire pump
- First aid kit
- Lock
- Tire patch kit
- Snack

## Step 2 continued ...

Follow the rules of the road. Research the following scenarios: (Adults can be a great resource if you can't find information online.)

- Which side of the road do you travel on when riding a bicycle?
- What do you do at an intersection?
- What is the proper procedure when on a sidewalk or crosswalk?
- Learn the hand signals\* for making right and left turns and stopping.



\*Hand signals graphic from Nationwide Children's Hospital.

## STEP 3 Venturing out

Before going out on a bike ride, be sure to do the following:

- Gather your kit.
- Dress appropriately.
- Tell an adult where you are going.
- Plan your route.
- Maintain speed.
- Follow rules of the road.
- Have fun!

**All done?**

**CONGRATULATIONS!** You've completed all the necessary steps to earn the Bike Safety patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.\* A patch may be worn on the back of a vest, sash, or tunic.

\*Patch shown may be substituted with similar patch, based on availability.