

## Ohio Bicycle Federation Cycling Safety Guide The Four Layers of Safety

There is much more to learn about cycling than you were taught as a kid.

- 1. Don't cause an accident: Follow the rules of road**  
About half of car-bike collisions are caused by the cyclist. A bicycle is a vehicle and should be driven according to the rules of the road. This means drive on the right (not the left or the sidewalk), stop for red lights & stop signs, and use lights at night. The reflectors on your bike help, but are not sufficient either for your safety or to comply with the law.
- 2. Prevent motorist mistakes**  
Be alert for potential accident situations and be assertive to stop a collision before it happens. Sometimes you have to use enough of the lane to discourage someone from passing where it is not safe.

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<p><b>The Four Layers of Safety (continued)</b></p> <p><b>3. Drive defensively to escape hazards.</b> In case you can't prevent another driver's mistake, plan an "escape route" to avoid a crash. Don't "hug the curb;" leave a safety zone at the edge of the road. Learn and practice emergency maneuvers, just in case.</p> <p><b>4. Use safety equipment to reduce injury</b> A helmet and gloves will not prevent an accident but they may reduce injuries if one occurs. Don't neglect your last line of defense.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation. Call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation</b></p>	<p><b>The Four Layers of Safety (continued)</b></p> <p><b>3. Drive defensively to escape hazards.</b> In case you can't prevent another driver's mistake, plan an "escape route" to avoid a crash. Don't "hug the curb;" leave a safety zone at the edge of the road. Learn and practice emergency maneuvers, just in case.</p> <p><b>4. Use safety equipment to reduce injury</b> A helmet and gloves will not prevent an accident but they may reduce injuries if one occurs. Don't neglect your last line of defense.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation. Call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation</b></p>	<p><b>The Four Layers of Safety (continued)</b></p> <p><b>3. Drive defensively to escape hazards.</b> In case you can't prevent another driver's mistake, plan an "escape route" to avoid a crash. Don't "hug the curb;" leave a safety zone at the edge of the road. Learn and practice emergency maneuvers, just in case.</p> <p><b>4. Use safety equipment to reduce injury</b> A helmet and gloves will not prevent an accident but they may reduce injuries if one occurs. Don't neglect your last line of defense.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation. Call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation</b></p>
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**Ohio Bicycle Federation  
Parent's Safety Guide  
A Bike is NOT a Toy.  
It is your child's first vehicle!**

Teach your child "Drive your Bike!" There is much more to learn about cycling than you were taught as a kid.

**► Prevent mistakes that cause accidents.**

The most common cause of cycling fatalities to young children is "driveway ride-out", where they fail to stop and yield before entering a roadway. Other big mistakes include swerving in traffic, running stop signs and lights, riding "wrong way" and riding without lights at night.

**► Who teaches your children?**

Most kids get swimming lessons from carefully trained Red Cross swimming instructors. Who teaches them how to drive a bike? What training and qualifications do these teachers have? You may need to learn cycling and then teach them yourself. (Continued on other side.)

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<p style="text-align: center;"><b>Teaching Kids (continued)</b></p> <p>► <b>Capabilities of Children.</b>  Properly qualified instructors can teach children of ages 7-8 to ride safely on quiet residential streets. By age 10 they can be taught to handle moderate traffic and by 12 almost any street. But this teaching takes time and qualified teachers.</p> <p>► <b>Benefits</b>  Besides making their cycling safe, proper cycling will free children from depending on “mom’s taxi”. It also eventually makes them safer car drivers.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation, call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation.</b></p>	<p style="text-align: center;"><b>Teaching Kids (continued)</b></p> <p>► <b>Capabilities of Children.</b>  Properly qualified instructors can teach children of ages 7-8 to ride safely on quiet residential streets. By age 10 they can be taught to handle moderate traffic and by 12 almost any street. But this teaching takes time and qualified teachers.</p> <p>► <b>Benefits</b>  Besides making their cycling safe, proper cycling will free children from depending on “mom’s taxi”. It also eventually makes them safer car drivers.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation, call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation.</b></p>	<p style="text-align: center;"><b>Teaching Kids (continued)</b></p> <p>► <b>Capabilities of Children.</b>  Properly qualified instructors can teach children of ages 7-8 to ride safely on quiet residential streets. By age 10 they can be taught to handle moderate traffic and by 12 almost any street. But this teaching takes time and qualified teachers.</p> <p>► <b>Benefits</b>  Besides making their cycling safe, proper cycling will free children from depending on “mom’s taxi”. It also eventually makes them safer car drivers.</p> <p><b>For More Information:</b></p> <ul style="list-style-type: none"> <li>• Read Ohio Bicycling Street Smarts. Request a copy from the Ohio Dept. of Transportation, call 614-644-7095.</li> <li>• Take a BikeEd course to learn skills and techniques.</li> <li>• See <a href="http://www.ohiobike.org">www.ohiobike.org</a> for more information and tips.</li> </ul> <p><b>Information courtesy Ohio Bicycle Federation.</b></p>
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