

BIKE HEAD FIRST™

BE SAFE  BE COOL

Bicycle Safety Quiz

1. What TWO things should you do before you cross a street?
 - a. Check to make sure no cars or trucks are coming by looking left, right and left again
 - b. Ask your parents for permission to cross the street
 - c. Close your eyes
2. It is important that others can easily see you when you're riding your bicycle. Which TWO answers will help others see you?
 - a. Wear bright colored clothes — even when riding during the day
 - b. Wear a baseball cap and sunglasses
 - c. Make sure your bicycle has reflectors and always use bicycle lights if you need to ride at night
3. What TWO things should you do while riding your bicycle?
 - a. Ride with both hands on the handlebars
 - b. Stay clear of hazards such as potholes, gravel and leaves
 - c. Talk on the phone or listen to music
4. You should wear your helmet:
 - a. When you are watching television
 - b. At the dinner table
 - c. Every time you ride your bicycle
5. Rearrange these words to make a sentence on bicycle safety: wear helmet always a

Learn more about bike safety and
easy steps to properly fit a helmet at
www.bikeheadfirst.com



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ANSWERS: 1. a, b 2. a, c 3. a, b 4. c
5. Always wear a helmet