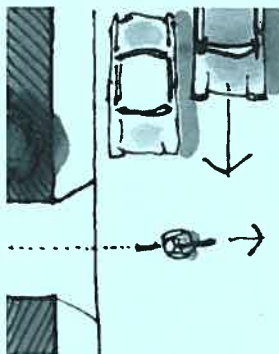


## THREE COMMON BIKE/CAR CRASHES

The following are the most common crashes for young children. Each one can lead to serious injury.

### CRASH TYPE #1: THE DRIVEWAY RIDE-OUT

A child rides out of the driveway and is hit by a car. This scenario accounts for about 8% of all car/bike crashes and it gets kids early: the average age is less than 10.



*What you can do:* If bushes or trees block the view, trim them back. And teach your child these safety rules:

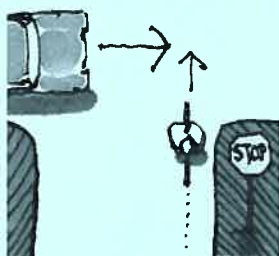
1. Stop before entering the street.
2. If parked cars block the view, edge out to see beyond them.
3. Look left, right, and left for cars.
4. See any? Wait until it's clear.
5. No cars? Cross with care.



### CRASH TYPE #2: RUNNING A STOP OR YIELD SIGN

Kids under 10 are twice as likely to have this car/bike crash than all others combined.

*Tip: If you "roll" stop signs, your child will learn your bad habit.*



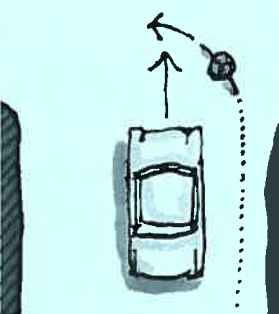
*What you can do:* Teach your child that running stop signs could lead to a bad crash. Take him or her to a stop sign near home. Emphasize the following:

1. Stop at all stop signs. At yield signs, slow down and be ready to stop.
2. Look left, right, and left for cars.
3. See any? Wait until it's clear.
4. No cars? Cross with care.
5. And *never* run a stop sign even if a friend just did so.

### CRASH TYPE #3: THE "NO LOOK" LEFT TURN

Another common bike/car crash occurs when bicyclists turn left without looking back for traffic.

*Note: Look at Skill #2 on the next page for more tips on this problem.*



*What you can do:* Teach your child to walk across busy streets. Period. For residential streets, a 9- or 10-year-old can be taught to make safe turns:

1. Look back.
2. Yield to traffic coming from behind.
3. Yield to traffic in front or to the side.
4. Signal before moving or turning left.
5. Confused or worried? Pull to the curb and walk your bike in the crosswalk.



### SERIOUS CRASHES ARE RARE

It's important to teach your child how to bicycle safely and avoid crashes. But serious bicycling crashes are rare, and the "heart healthy" benefits of bicycling far outweigh the risks.

America's childhood obesity epidemic will kill many times more kids than bicycling will. By teaching your child safe bicycling, you not only help prevent crashes, but you start him or her on the

path to an active and fun life. And by bicycling *with* your child, you, too, can benefit from the exercise.

*A good idea: Contact your local bicycle club or recreation department and find out what opportunities they have for kids to learn — and enjoy — bicycling.*

### DO YOU KNOW YOUR SIGNALS?

Here they are!

