

Virginia Cooperative Extension



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4-H TEAM HELMET™



Bike Safety Book

TEAM HELMET SAFETY RULES

1. Wear a helmet
2. Obey signs and signals
3. Ride on the right
4. Watch for cars in driveways
5. Look left, look right, look left again
6. Watch for hazards
7. Watch for pedestrians and cars
8. Use hand signals
9. Lock your bike
10. Don't ride at night
11. Give your bike regular checkups
12. Pass on the left
13. Be predictable
14. Always have good manners

Name _____

Age _____

School _____



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

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VIRGINIA STATE UNIVERSITY

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Getting Ready

Always wear a helmet!



Make sure your straps are snug and fastened!

Never use a helmet with cracks or damage

or that's been in a crash!



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Team Helmet Members always make sure their helmets are a good fit.

Equipment

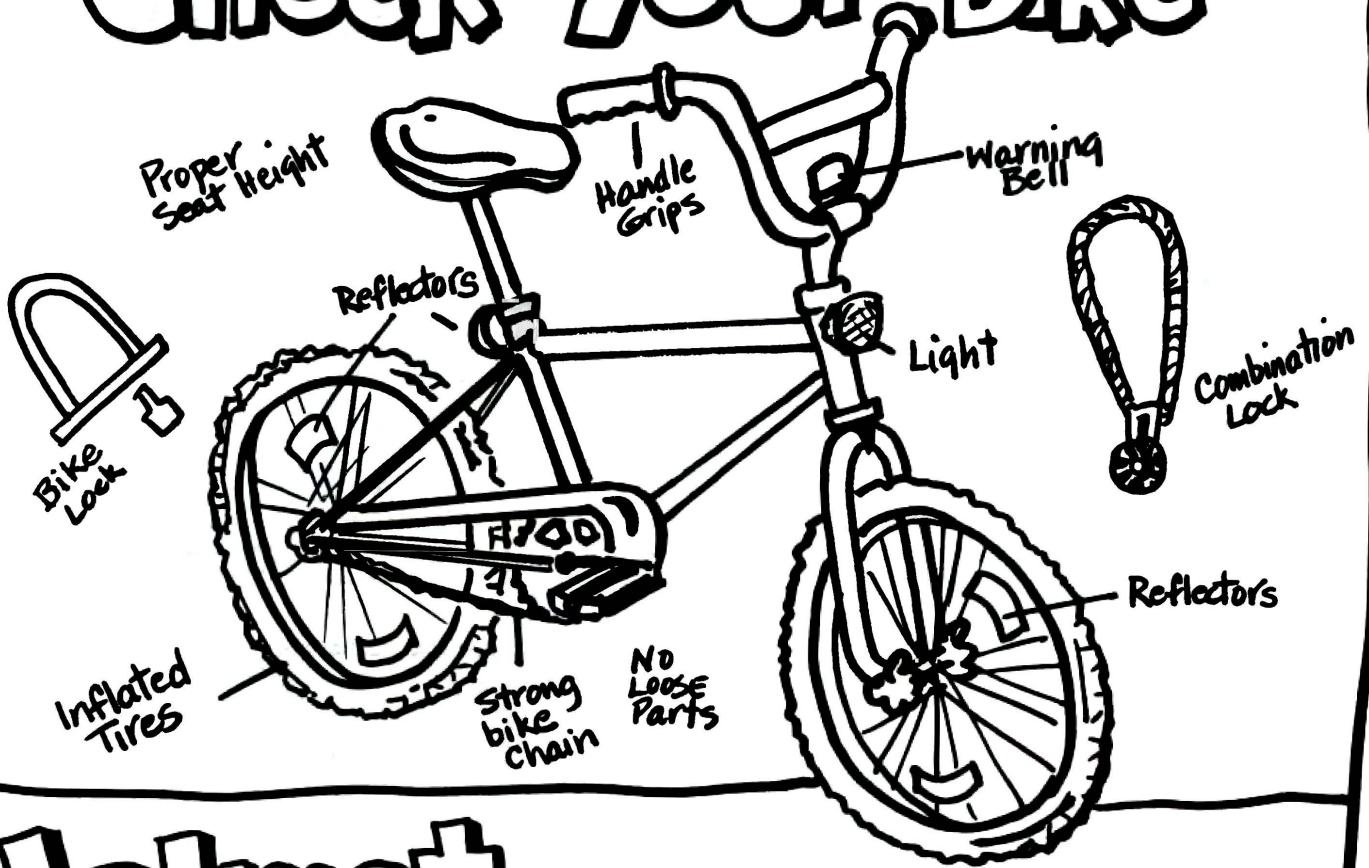
- SAFETY
CHECK LIST**
- Helmet
 - Bright
Clothing
 - Bell or Horn
 - Front Light
 - Reflectors



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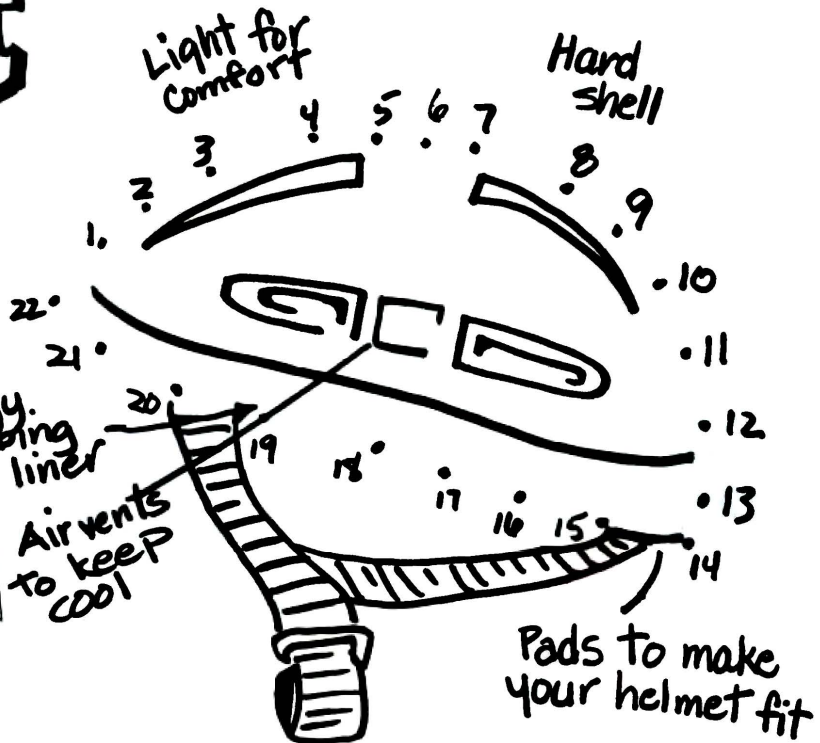
When you sit on the seat, let your feet touch the street. Don't buy a bike that is too tall.

Check Your Bike



Helmet

Always wear your helmet!



Always buy a helmet with one of these stickers



The Helmet meets ANSI Z90.4 Standard

APPROVED BY MEMORIAL FOUNDATION
SNELL
 Serial No. B 2585025

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Connect the dots.

Signs and Signals

Color the signs
the correct color



Signal Ahead

No Bicycles



Stop



Yield



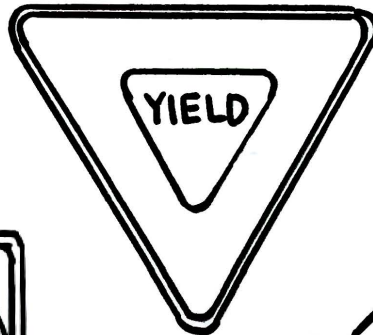
School Crossing

Railroad Crossing



Bike Route

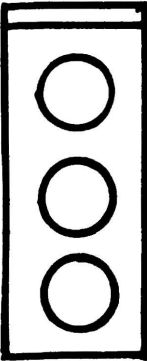
Do Not Enter



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Color the signs. Know what they mean.

Pedestrian Crossing Signals



- Steady Red: STOP
- Flashing Red: STOP
Go when safe
- Steady Yellow: WARNING
- Flashing Yellow: Slow down
- Steady Green: GO
- Green Arrow: Go this way only!

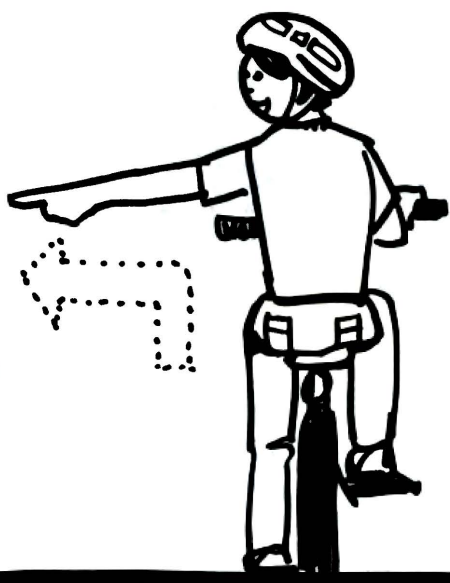
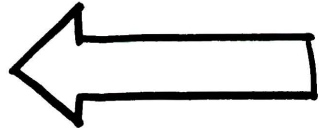


**DON'T WALK-
STEADY ORANGE**
Do not leave curb.

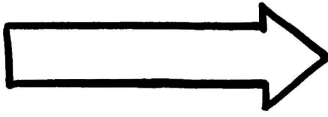
WALK. Begin search. Look left and right, and left again. Leave the curb when safe.



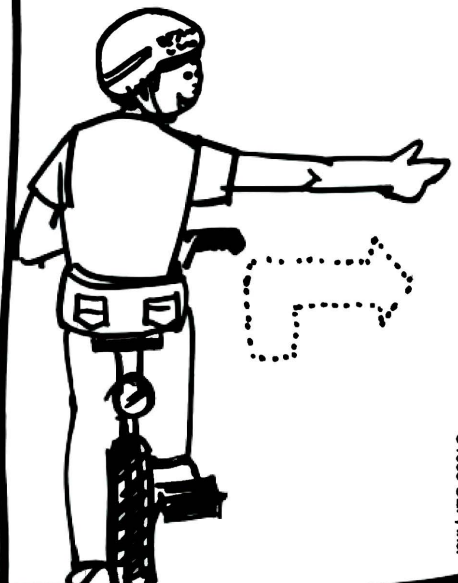
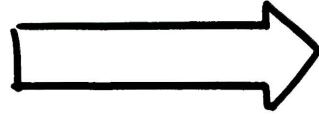
Left Turn



Right Turn



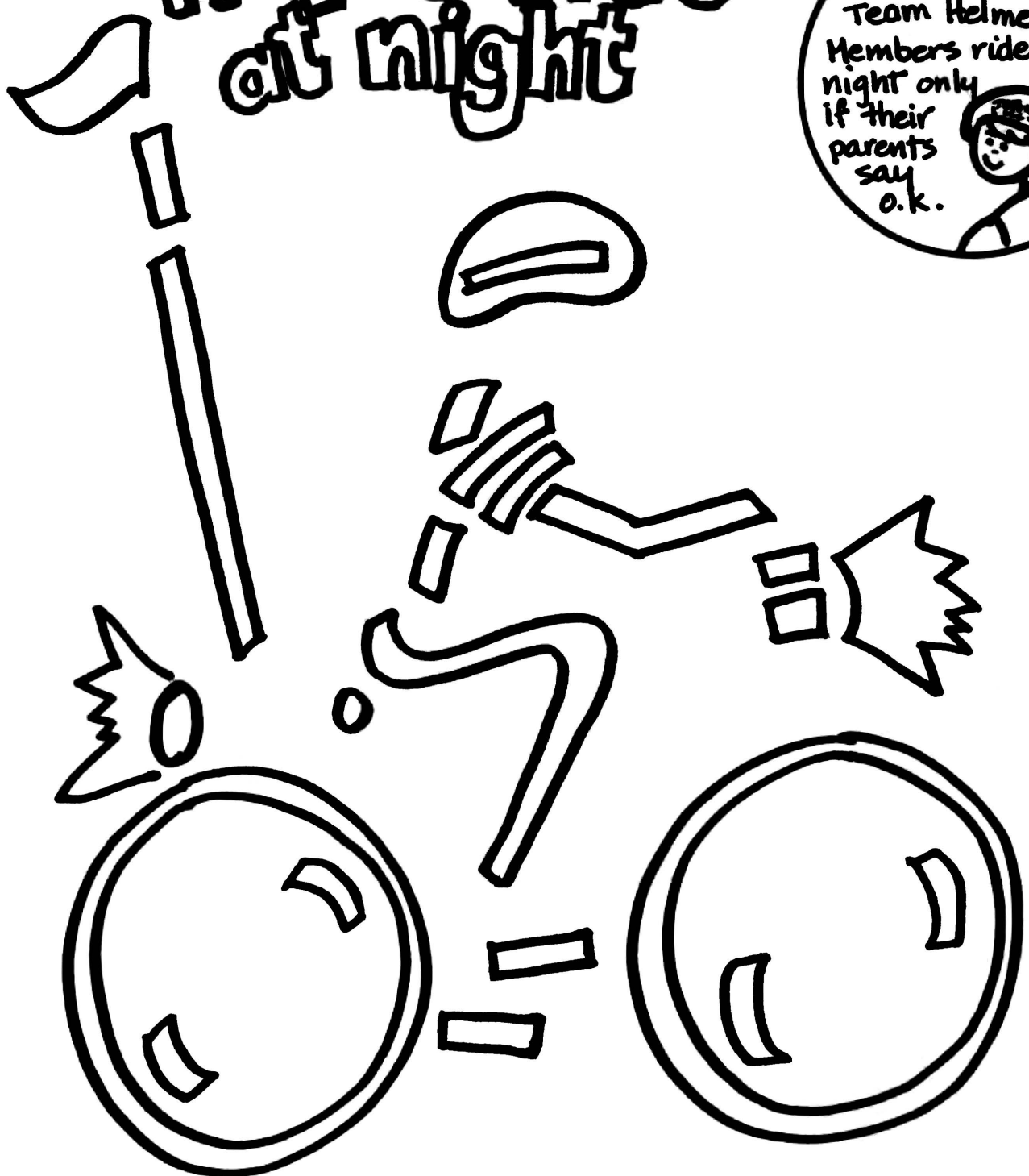
Right Turn



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When changing lanes, look behind to check for traffic. Use hand signals.

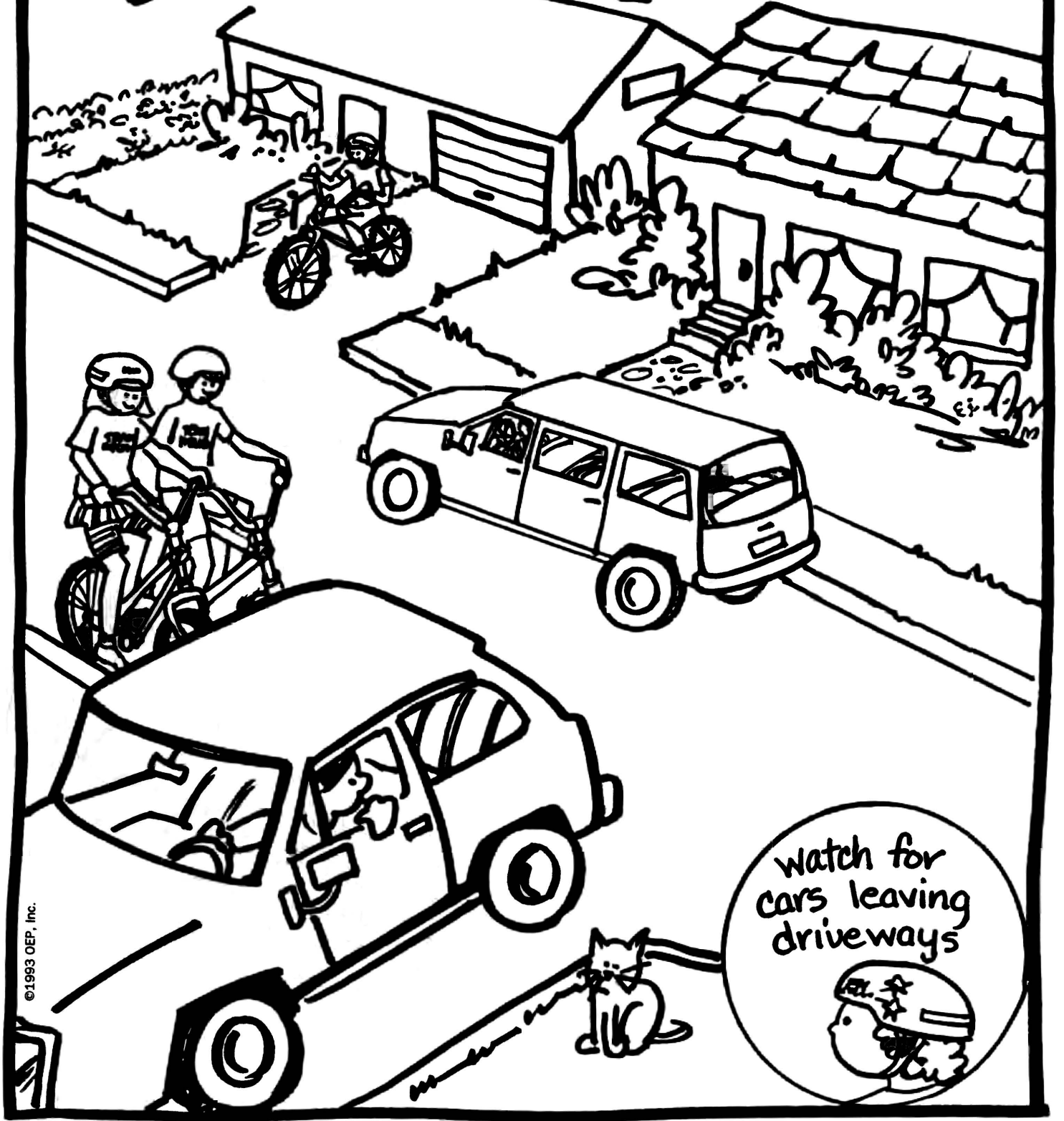
Be Bright...
if You ride
at night



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Color the background black. Make the markings glow.

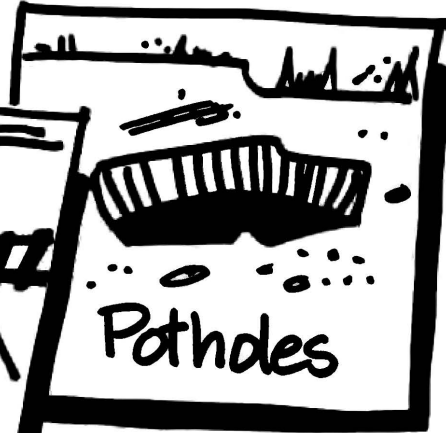
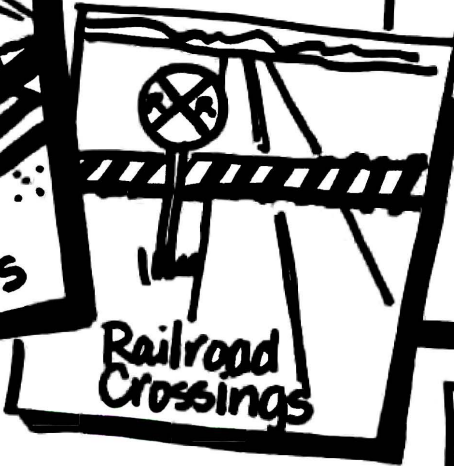
Driveways



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**Stop and look left, right and left again
when bicycling out of a driveway.**

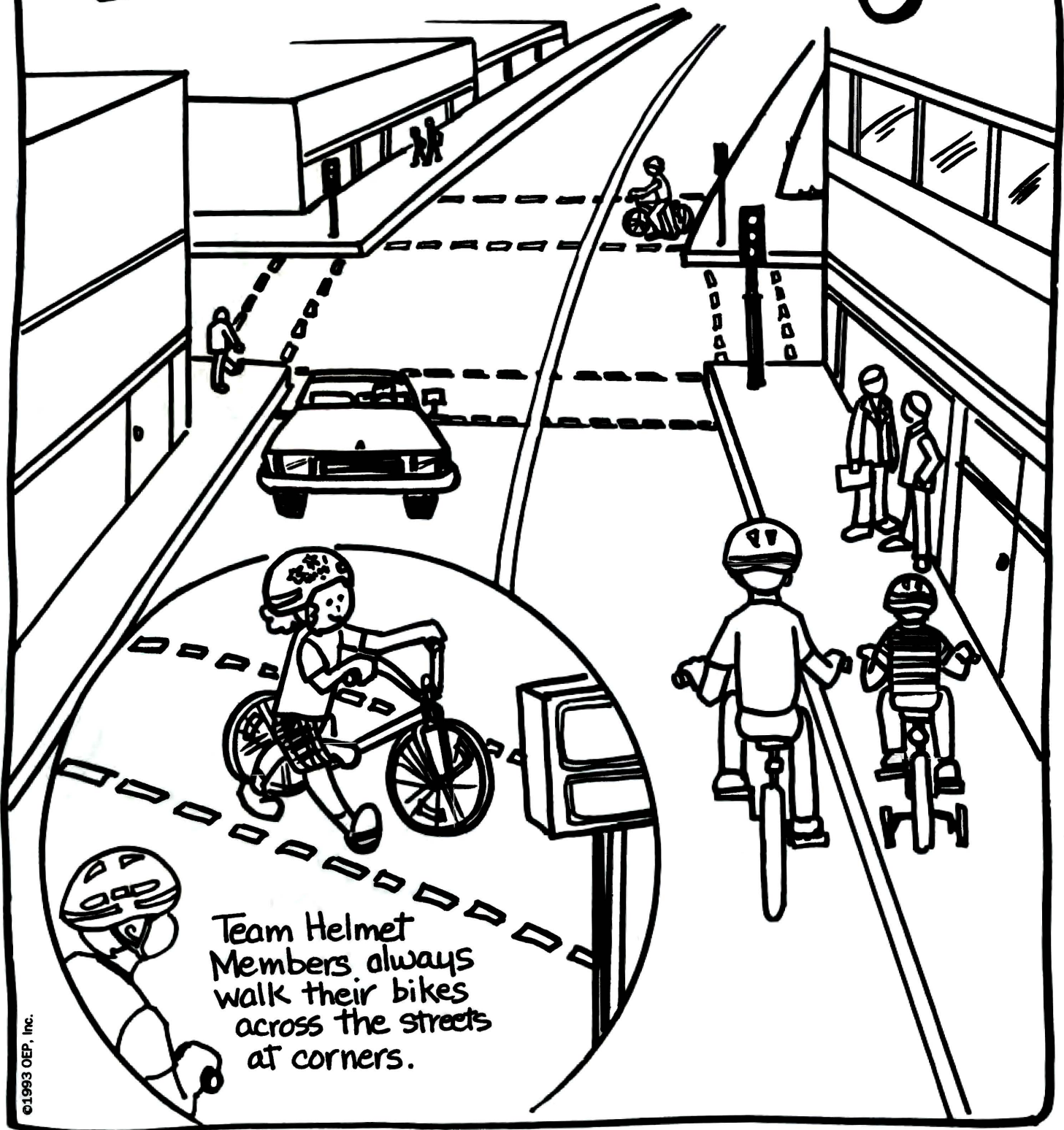
Hazards



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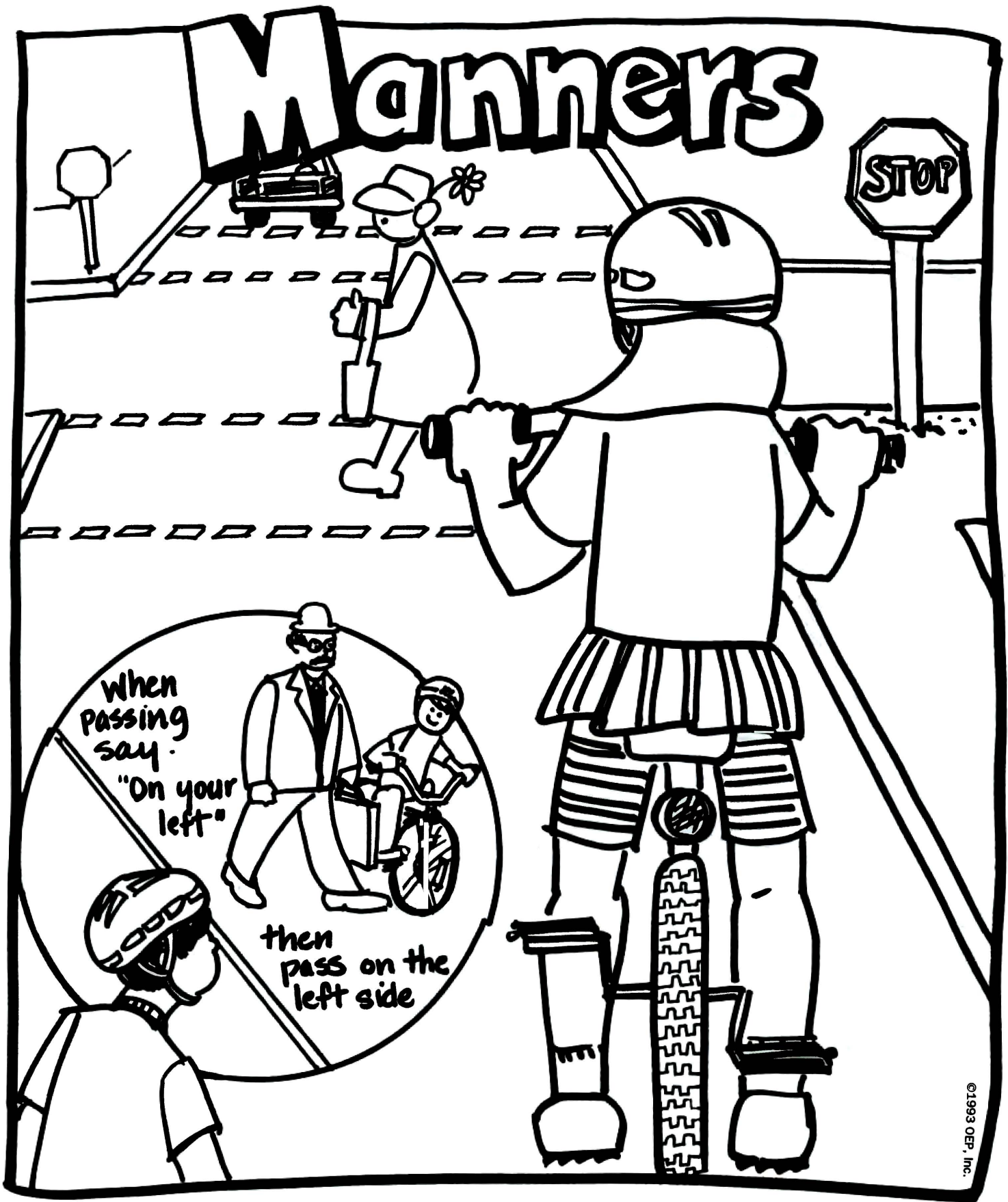
Be careful of wet streets, they are slippery. Cars and bikes take more time to stop on wet streets.

Ride on the Right



Team Helmet
Members always
walk their bikes
across the streets
at corners.

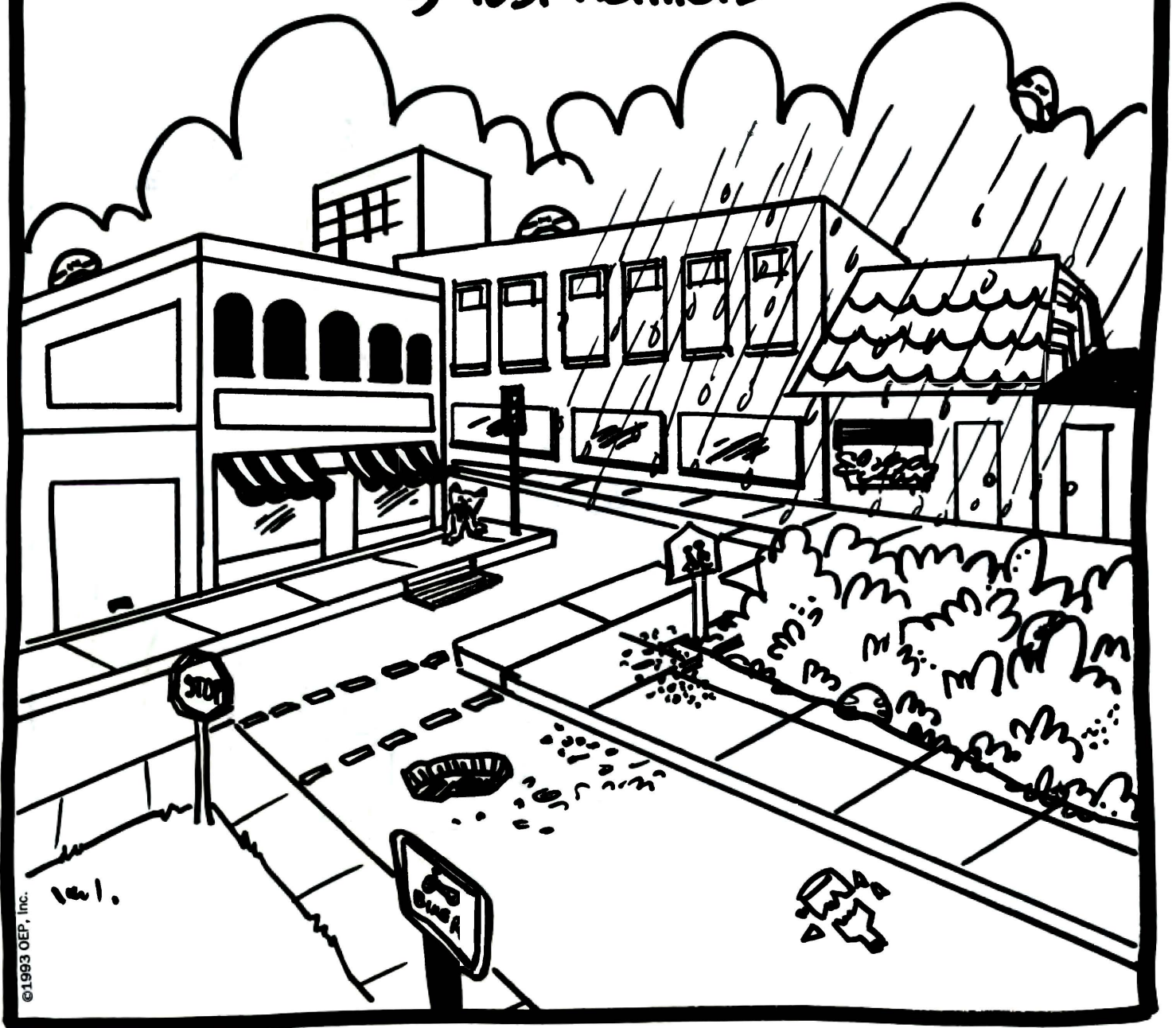
**Stop before entering the street. Look left,
look right, look left again for moving traffic.**



**Share the road with cars and pedestrians.
Know the Team Helmet Safety Rules.**

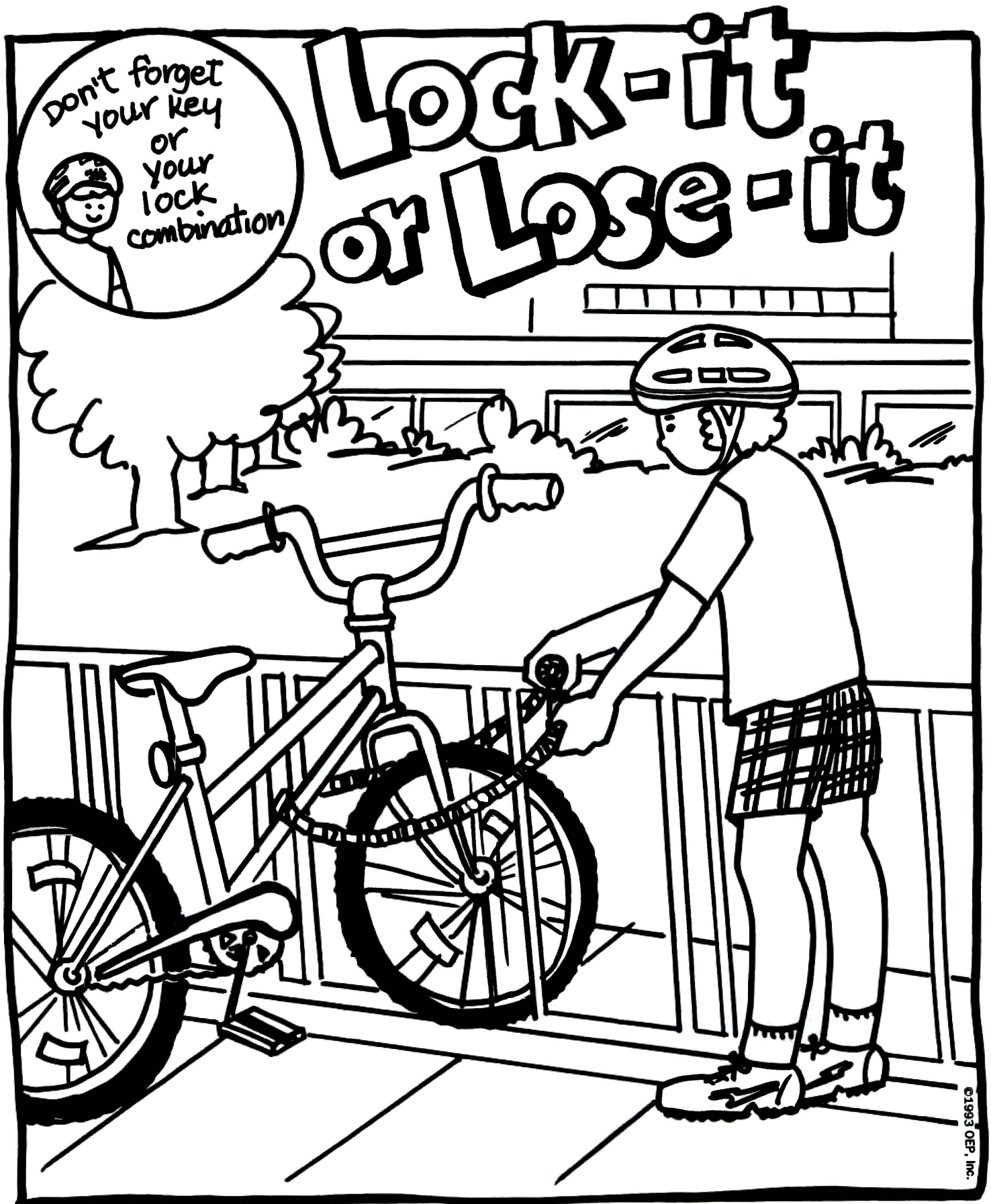
Can You Find

6 Road hazards 3 signs 1 signal
5 lost helmets



Where are the Team Helmet helmets hidden?

Answers: Helmets: Two helmets in the bushes, one helmet in the clouds, two helmets on top of buildings. 6 Road Hazards: pothole, broken glass, loose gravel, drain grate, dog and rain. 3 Signs: Stop, Bike Route, Pedestrian Crossing.



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Be sure and lock your bike every time you leave it, even if you are only going to make a short stop.

IMPORTANT NUMBERS



HOME _____

MOM _____

DAD _____

SCHOOL _____

FRIEND _____

EMERGENCY NO. _____

Fold

Here's a secret - Tape a Quarter here or inside your helmet so you can call for help if it gets dark.



OTHER NUMBERS _____

Bicycle Serial No. _____

CALL 911 FOR EMERGENCIES

Cut on dotted line

TEAM HELMET™



Certificate of Membership

_____ has read the Team Helmet Bike Safety Book and pledges to always honor and practice the Team Helmet Safety Rules.



Signature _____

Signature _____

Cut along the dotted line and fold. Carry in your wallet or tape in your helmet.

As a Team Helmet Member I promise to know and obey all TEAM HELMET SAFETY RULES.

- | | |
|---|-----------------------------------|
| 1. Wear my helmet | 8. Use hand signals |
| 2. Obey signs and signals | 9. Lock my bike |
| 3. Ride on the right | 10. Don't ride at night |
| 4. Watch for cars in driveways | 11. Give my bike regular checkups |
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Fold



Name _____