

Bicycle Safety Tips for Riding Safely to School

Bicycling is great exercise and some studies have shown that physical exercise before focusing on difficult learning tasks may even enhance cognitive functioning. The Naperville Police Department would like to make sure that all bicyclists riding to school not only are becoming fit and possibly more ready to learn, but also safe while doing so. All bike riders should always wear a helmet, learn the rules of the road and obey all traffic laws, be visible and predictable while riding, and lock up bikes when not in use. Additionally, all bicyclists need to follow the rules of their respective schools regarding bike use, including walking bikes on school property and riding on the sidewalks.

The Naperville Police Department recommends the following bicycle safety tips in order to enjoy a safe and secure ride, every time!

- Wear a bike helmet at all times. Wearing a bike helmet can reduce the risk of head injury by 85 percent.
- Keep your bike in good working condition. Be sure tires are properly inflated, brakes work, and the chain is well oiled
- Ride single file
- Always yield to pedestrians and walk your bike on school property
- Slow down and check traffic at all corners and intersections
- Walk the bike across intersections/streets
- Keep both hands on the handle bars except when indicating turn signals
- Stay off busy streets
- Have a headlight on your bike when riding at night, as well as, rear and wheel reflectors
- Wear light colored and/or reflective clothing while riding
- Only one person on the bike with no stunt riding
- Do not carry packages or bundles when riding
- No hitching rides from cars
- Do not wear headsets/earbuds while riding

Safeguard your bike by registering it in case of loss or theft. Unfortunately, many bicycles recovered in the city of Naperville never find their way back to their owners because the bikes were not registered and therefore, the owners could not be found. You may register your bicycle at the Naperville Police Department by providing us with the make, model and serial number of the bike. There is a one dollar registration fee.

Don't forget to always secure the bike when finished riding. Invest in a good lock and faithfully lock the bike to an immovable object, such as a lamp pole or bicycle rack. Do not lock your bicycle to small trees, aluminum or wooden posts, or chain link fences. These can be cut or broken. Furthermore, do not lock a bicycle to itself (front wheel locked to the frame) as a thief can simply carry it away.

For more information on bike safety and security, bicycle registration, and suggested locking devices, contact the School Resource Unit at (630) 420-6731 or visit the City of Naperville's Website at: <http://www.naperville.il.us/protectyourbike.aspx>