

Hand Signals

Learn the proper hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you.



Left Turn

Right Turn

Stop

It's not just for safety it's the law!

California VC Section 21212 Youth Bicycle Helmets: Minors

21212. (a) A person under 18 years of age shall not operate a bicycle, a nonmotorized scooter, or a skateboard, nor shall they wear in-line or roller skates, nor ride upon a bicycle, a nonmotorized scooter, or a skateboard as a passenger, upon a street, bikeway, as defined in Section 890.4 of the Streets and Highways Code, or any other public bicycle path or trail unless that person is wearing a properly fitted and fastened bicycle helmet that meets the standards of either the American Society for Testing and Materials (ASTM) or the United States Consumer Product Safety Commission (CPSC), or standards subsequently established by those entities. This requirement also applies to a person who rides upon a bicycle while in a restraining seat that is attached to the bicycle or in a trailer towed by the bicycle.

Resources

Safe Kids Sonoma County

www.safekids.org

Led by: Santa Rosa Memorial Hospital Trauma Services

707-525-3500 x3264

National Highway Transportation Safety Administration

www.nhtsa.gov

1-888-327-4236

Sonoma County Bicycle Coalition

www.BikeSonoma.org

707-545-0153

This crime prevention information brought to you by the

Sonoma County Sheriff's Office

Steve Freitas
Sheriff-Coroner



2796 Ventura Ave.
Santa Rosa, Ca 95403

Phone: 707-565-7398
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www.sonomasheriff.org

Important Phone Numbers

| | |
|------------------------------------|----------|
| Emergency..... | 9-1-1 |
| Dispatch (Non-Emergency)..... | 565-2121 |
| Business Line (Non-Emergency)..... | 565-2650 |
| Crime Prevention..... | 565-7398 |
| Abandoned Vehicles..... | 565-7395 |
| Graffiti Removal | 565-7397 |
| Guerneville Sub..... | 869-0202 |
| Sonoma Valley Sub..... | 996-9495 |



Sonoma County Sheriff's Office

Crime Prevention Unit

Bike Safety



Commitment to Duty and Tradition - Sense of Team - Organizational Efficiency - Effective Enforcement of the Law - Community Oriented Philosophy

Easy Steps to Properly Fit a Bicycle Helmet

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

To select and properly fit a bicycle helmet, follow the helmet fitting instructions below. It may take some time to ensure a proper fit.

Step 1 Size:

Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows.



Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 Final Fitting:

A. Does your helmet fit right? Open your mouth wide ...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

When to Replace a Helmet.

Replace any helmet that has been involved in a crash or is damaged.

The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. The helmet should fit now. **Do not** buy a helmet to "grow into."

Model Safe Behavior.

Everyone—adult and child—should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes. Wearing a helmet each ride can encourage the same smart behavior in others.

The Harsh Facts.

A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%. More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head.

Helmet On, Now What?

Riding a bike that is the right size for you also helps keep you safe.

- When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1 to 3 inches of space between you and the top bar.
- Make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces.

Bicycle Safety Checklist:

- Make sure your seat, handlebars, and wheels fit tightly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

Be Seen, Be Safe!

Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. Daytime riding is the safest so try to avoid riding your bike at dusk and later.

Road Rules

If you're allowed to ride on the street, follow these road rules:

- Cross at intersections and always walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. Never ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey traffic lights, you must follow the law just as cars do.