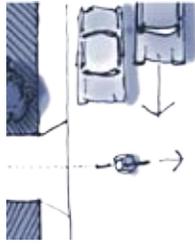


# Four Common Bike/Car Crashes

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 Sign

Many car/bike crashes involve either a bicyclist or motorist running a stop sign or red light. The average age is about 11. *Tip: If you "roll" stop signs, your child will learn your bad habit.*

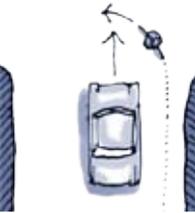


*What you can do:* Teach your child that running stop signs could lead to a bad crash. Take him or her to a stop sign near home. Emphasize the following:

1. Stop at all stop signs and lights.
2. Look left, right, and left for cars.
3. See any? Wait until it's clear.
4. When it's your turn to go, cross with care. **Don't assume drivers will stop!** Watch to make sure they are slowing down before stepping into their path.
5. Never run a stop sign even if a friend just did so.

## Crash Type #3: The "No Look" Left Turn

In 10% of crashes, bicyclists turned left without looking back for traffic. If they had looked, they would have seen the cars coming and likely waited until it was clear.



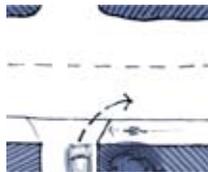
*What you can do:* Teach your child to walk across busy streets. Period. For residential streets, a 9- or 10-year-old can be taught to make safe turns:

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.



## Crash Type #4: The Sidewalk Crash

A driver is traveling out of a driveway to make a right turn. The driver looks left to check for motor vehicle traffic, and if it is clear, continues to make the right turn (usually never coming to a complete stop). The driver never looks to the right to make sure it is free of pedestrians or bicyclists on the sidewalk. Bicyclist and pedestrians assume driver sees them, or is going to stop and they proceed in front of car and get run over, or ride into the side of the car.



*What you can do:*

1. Make sure you make eye contact with driver before crossing the driveway.
2. Yield to driveway traffic.
3. If no cars in or approaching sidewalk, cross driveway with care.
4. Make audible sound to alert driver to your presence.

# Bicycle Safety In Bellevue

## A guide for parents and children



## Education

**Bicycling is a fun way for families to get exercise and spend time together. Like any physical activity it carries some risk, but you can reduce these risks by following a few simple safety tips.** We recommend that you review these tips with your child and demonstrate each one to reinforce the point and make the lesson stick. As a suggestion, have discussions with your child or make it a question-and-answer game so they can “learn bicycle safety by doing.”

### 10 bicycle safety tips

#### 1. **Protect your head. Wear a helmet!**

Make sure your child has a properly fitted, CPSC-approved bicycle helmet — **helmets reduce the risk of serious brain injury in a crash by 85%**. To learn how to fit your child’s helmet, visit <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/>.

#### 2. **See and be seen. Wear proper clothing.**

Due to their small size, kids are difficult to see on the road. Help drivers see them by dressing them in light-colored clothing. Also, make sure clothes are close-fitting so they don’t get tangled in a bike’s moving parts.

#### 3. **Go with the flow of traffic, stay on the right side.**

Cyclists have the same rights and responsibilities as motorists, so **instruct your child to respect all traffic signs, lights, and road markings**. Teach them to use hand signals, and to not weave from lane to lane, tailgate, or hitch rides on moving vehicles. All cyclists should ride with traffic on the right side of the road, not against it on the left.

#### 4. **Keep your eyes on the road. Be aware of traffic around you.**

Seven out of 10 car versus bicycle crashes occur at driveways or other intersections. Teach children to pause and look left, right, and left before crossing driveways or intersections. Walk bicycles across busy streets on crosswalks.

#### 5. **Ride defensively.**

Watch out for potholes, sewer gratings, cracks, railroad crossings, loose gravel and broken glass. Before going around any object, look ahead and behind for a break in traffic. Plan your move, signal your intention, and then look before turning. Do not assume drivers can see you, or that drivers always stop at red lights and stop signs.

#### 6. **Avoid bicycling at night.**

The Bellevue Police Department recommends that children avoid riding bikes at night due to low visibility. If a child must ride at night they should be extra cautious, and use front and rear lights. Wear reflective clothing or material on helmets, ankles, back, and wrists. Ride in familiar areas or streets that are well lit.

#### 7. **Consider off-road paths and designated bike routes.**

Off-street paths and designated bike routes are good places for children to learn bicycle-handling skills. For a map of Bellevue’s paths and bike routes, visit <http://www.chooseyourwaybellevue.org/>.

#### 8. **Fit it right. Check your bike!**

A poor bicycle fitting can make it hard for a child to ride steadily. Your local bicycle shop can help you properly adjust your child’s bike: <http://www.bicycle-shops.us/regional/wa>. After adjusting a bike, check to make sure that all parts are secure before riding.

#### 9. **Properly stop a bike.**

If the bike has hand brakes, apply the rear brakes before the front brakes to avoid flipping over the handlebars. When it’s rainy, ride slowly and apply brakes earlier — it takes more distance to stop on a bike when the wheels are wet.

#### 10. **Keep your wheels on the road.**

Keep tires inflated to the pressure level that’s stamped on their sidewalls. Check wheels after every fall or after transporting a bicycle to ensure that they are properly secured.

### Ride on the sidewalk or street?

While the street is often the safest place for adults to ride, children less than 10 years old are better off riding on the sidewalk.

For anyone riding on a sidewalk:

- Watch for vehicles coming out of or turning into driveways.
- Stop and look for cars at intersections, and make sure the drivers see you before crossing.
- Enter the roadway in areas that motorists would expect, such as a street corner and not from between parked cars.
- Alert pedestrians that you are near by saying “excuse me,” “passing on your left,” or by ringing a bell. Give pedestrians the right-of-way.

## Bicycle laws specific to Bellevue

### Riding on sidewalk.

Every person operating a bicycle upon any sidewalk shall operate the bicycle in a careful and prudent manner and at a rate of speed no greater than is reasonable and proper under the conditions existing (Bellevue City Code 11.60.061).

### Right-of-way on sidewalk – overtaking and passing.

Every person operating a bicycle upon a sidewalk shall yield the right-of-way to any pedestrian thereon and shall give audible signal before overtaking and passing any pedestrian (Bellevue City Code 11.60.062).

### Bicycle helmets.

Any person operating or riding on a bicycle or cycle not powered by motor on a public roadway, bicycle path, sidewalk or on any right of way or publicly owned facility under the jurisdiction of the city shall wear a protective helmet designed for bicycle safety (Bellevue City Code 11.60.090).

For more answers to your bicycle safety questions, visit Cascade Bicycle Club’s website at <http://www.cascade.org> or call them at (206) 522-BIKE (3222). You can reach the Bellevue Police Department’s police bicycle unit at (425) 452-6176.



*Published by the Bellevue Police Department with permission from the Cascade Bicycle Club and the Active Living Resource Center.*