I Cycle Safely

A Little Book with a Big Message

Manitoba Public Insurance
Cycle Safely Program

Why Cycle?

✔ It’s fun!
✔ It’s healthy!
✔ It’s good for the environment!
Here is your own “I Cycle Safely” pocket book.

It’s a little book with a big message. It’s full of safety tips and useful information about bikes. Share this book with your family and friends.

Enjoy your bike!
TOP TEN RULES
Be safe. Follow the top ten rules of the road:

1. Wear Your Helmet
   It’s the law that anyone under 18 in Manitoba must wear a properly fitted and fastened helmet while cycling.

*Use a helmet that:*
- is Canadian Standards Association (CSA), Snell Memorial Foundation, Consumer Product Safety Commission (CPSC) or American National Standards Institute (ANSI) approved – always check the label
- is a bright colour, fits snugly and is something you like
- is less than five years old and has not been hit or damaged – if your helmet gets hit hard, you will need to get a new one
- has adjustable straps **that you always buckle**

*Follow the 2V1 rule:*

- “2” fingers above your eyebrows
- Straps form a “V” under your ears
- “1” finger between strap and chin

✔ Do the buddy helmet-check. Before riding with a friend, check to make sure each other’s helmet is on correctly.
2. Obey Traffic Rules

Traffic signals, signs and lights are for cyclists as well as motorists.

*Use the proper hand signals:*

- **Left turn**
- **Stop**
- **Right turn (either is acceptable)**

3. Keep to the Right

Ride single file, in a straight line, always the same way as the cars.
4. Shoulder Check
Look all ways. Shoulder check and signal long before turning or stopping. Return both hands to the handlebars to make the turn.

5. Turn Carefully
Most crashes happen at intersections. Be careful, look and listen before going ahead. Left turns – walk your bike across the intersection until you get more experience. Right turns – watch for cars turning right.

6. Be Careful Near Parked Cars
Watch for drivers who may open their doors or pull out, be ready to stop and ride a safe distance away from parked cars.

7. Watch Out for Moving Cars
a) Before riding into the street, stop and look all ways.

b) Before crossing a street, try to make eye contact with drivers so they see you.
8. Watch for Pedestrians
If the tires on your bike are 41 cm (16 in.) or less, you may ride on the sidewalk. Be ready to slow down or stop to share the sidewalk with pedestrians.

9. Be Seen
Always wear white or bright clothes. If you have to ride after dark, make sure you have a front white light and a red or amber reflector on the back. Try not to bike at night.

10. Stay Away from Busy Streets
Use bike paths and quiet streets. Stay away from busy roads and highways.
BE SIZE WISE

Bikes, just like your shoes, need to fit. You’ll be more comfortable and in control.

1. Straddle the top tube with your feet flat on the ground. You should be able to lift your bike 2 to 3 cm (1 in.) off the ground. 
2. Adjust your seat so that you can touch the ground with the balls of both your feet. 
3. Go for a test ride. Check to see that the leg on the pedal close to the ground is slightly bent at the knee.

PARTS SMARTS

1 Seat 2 Rear Light 3 Seat Stay 4 Rear Brake 5 Red or Amber Rear Reflector 6 Rear Derailleur 7 Chain 8 Pedal 9 Crank Arm 10 Chain Ring 11 Chain Stay 12 Front Derailleur 13 Seat Tube 14 Top Tube 15 Fenders 16 Down Tube 17 Handlebar Grip 18 Bell 19 Front Light 20 Brake Cable 21 Front Brake 22 Tire 23 Spokes 24 Fork 25 Hub 26 Rim 27 Tire Valves
**WHAT SIZE BIKE?**

*As a general rule of thumb, kids:*

- **Aged 2-4**
  - with a height of 26-34" and inseam of 14-17" should have a bike with 12" wheels.

- **Aged 4-8**
  - with a height of 34-42" and inseam of 16-22" should have a bike with 14" wheels or 16" wheels (i.e. taller kids should have a bike with larger wheels, perhaps even a bike with 18" wheels).

- **Aged 6-9**
  - with a height of 42-48" and inseam of 20-24" should have a bike with 18" wheels.

- **Aged 8+**
  - with a height of 48+" and inseam of 24+" should have a bike with 20" wheels, or larger.
Keep your bike in good riding condition.
Check it every time you ride.

CHECK IT OUT!

Before every ride, I check that:
✓ my tires have enough air
✓ my bicycle seat and handlebars are tight
✓ my wheels are on tight
✓ my brakes work

Before I ride my bike in the spring, I make sure that:
✓ all moving parts have been greased or oiled
✓ all the nuts, screws and bolts are tight
✓ the tires are in good shape
✓ all the spokes are in place
✓ if something is broken or missing I get it fixed

The Drop Test:
1. Hold the bike by the handles and seat.
2. Pick it up a few centimetres off the ground.
3. Gently drop it. If there are strange rattles, check to find out what is wrong.
Traffic Signs:

Stop
Come to a full stop. Check for traffic all ways. Go when it’s safe.

Traffic Lights Ahead
Slow down. Be ready to stop for pedestrians.

Crosswalk
Slow down or stop for traffic.

Yield
Slow down or stop for traffic.

No Bicycles Allowed

Do Not Enter

Bicycles Allowed

Railway Crossing
Stop. Look both ways. Listen for a train. Go if it is safe.

School Zone

Slippery Road
Go carefully. The road may be slippery.

Playground Ahead
Go carefully. Children at play.

Diamond Lane
Go only the way the arrow is pointing.

CYCLE SAFELY

a) Pay attention.
b) Follow the rules of the road.
c) Don’t weave, race or stunt-ride on the road.
d) Never carry riders or packages.
e) Always be ready to stop.
f) In bad weather, slow down.
Top Ten Rules of the Road

1. Wear your helmet.
2. Obey traffic rules.
3. Keep to the right.
4. Shoulder check.
5. Turn carefully.
6. Be careful near parked cars.
7. Watch out for moving cars.
8. Watch for pedestrians.
9. Be seen.
10. Stay away from busy streets.

For further information, please contact:

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