

Tips from the Bicycle Safety Program at Elk Grove Township

More Families Bike Riding During the Pandemic!

This spring & summer amid the Covid-19 social distancing order, cycling is more popular than ever before. Many people, especially families with young children, are looking for social distancing compliant ways to get outside and keep everyone as healthy and happy as possible. Families are getting outside, spending time together, & taking long bike rides!

People are buying new bicycles, fixing up old ones, and riding more than ever before. Big box stores, bike shops, and online retailers have reported booming business, far above even the normally busy days of the spring selling season.

While you're out riding, remember these bicycle safety tips to help make bike riding safe & more fun:

- **Wear a Helmet**--All bike riders should wear a properly fitted helmet (even adults). A helmet is the only thing that will protect you if you are in an accident or even if you just fall off your bike. Properly fitted helmets can reduce the risk of head injuries by at least 45 percent. Use your head, wear a helmet!
- **Check Your Equipment Before You Ride**--Check your bike, helmet, and gear before you hit the road.
- **Keep Your Hands on the Bike and Your Eyes on the Road**--If your hands aren't on the bike & your eyes aren't on the road, it will take you much longer to react to unexpected circumstances, such as a pedestrian in your path or debris in the road. Keeping your eyes on the road and tuning into your surroundings will help to keep you safe.
- **Ride With the Flow of Traffic**--Always travel in the same direction as other vehicles on the road. Accidents are much more likely to happen when you go against the flow. Stay as far to the right side of the road as possible.
- **Wear Reflective Materials & Use Lights at Night**--Just because you can see a car, it doesn't mean the driver can see you. If a driver cannot see you, an accident is more likely to occur. Install reflectors & lights on your bike, and it's also important to wear bright and/or reflective clothing. Increasing your visibility will reduce the risk of a bike accident.

There are so many great reasons to ride your bike- it offers fun, freedom and exercise! Be safe and enjoy a great ride!

