Why Is Bicycle Safety So Important?
Each year approximately 300,000 people go to the emergency room because of bike injuries. Most of these injuries are head injuries due to people either not wearing a helmet or the helmet not fitting correctly. It is very important to wear a bike helmet that fits correctly.

Helmet How To
Always wear a bike helmet, even if you are going on a short ride. Your helmet should fit you properly and never wear a hat under your helmet. The helmet should be warn level and cover your forehead. Do not tip your helmet back so your forehead is showing. The straps should always be fastened. Make sure your straps are adjusted so they are snug enough that you can’t pull or twist the helmet around your head. You may even put reflective stickers on your helmet as to be seen a little easier.

Right Size Bike
Riding a bike that is the right size for you also helps to keep you safe
1. When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
2. There should be 1 to 3 inches of space between you and the top of the bar.
3. Make sure your seat, handlebars, and wheels fit tightly.
4. Check and oil your chain regularly.
5. Check your brakes to be sure they work well and are not sticking.
6. Check your tires to make sure they have enough air and the right amount of tire pressure.

Be Seen and Be Safe!
Wearing bright colors and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. If they see you, that means they are less likely to run into you. Make sure you don’t have any loose clothing that will get caught in your bike chain such as shoelaces, backpack straps, or loose pant legs. Wear the correct type of shoes when you bike—sneakers. Sandals, flip-flops, shoes with heels, and cleats won’t help you grip the pedals. NEVER GO RIDING BAREFOOT!!! Avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

Road Rules
1. Always ride with your hands on the handlebars.
2. Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
3. Cross at intersections. When you pull out between parked cars, drivers can’t see you coming.
4. Walk your bike across busy intersections using the crosswalk and following traffic signals.
5. Ride on the right-hand side of the street, so you travel in the same direction as cars do. NEVER ride against traffic.
6. Use bike lanes or designated bike routes wherever you can.
7. Don’t ride too close to parked cars. Door can open suddenly.
8. Ride single file on the street with friends.
9. When passing other bikers or people on the street, always pass to their left side, and call out “On your left!” so they know that you are coming.

Recreation Services Contacts:
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What To Look For At The KLARC:
- Group Fitness Classes—STEP with Michelle will resume Tuesday, June 22nd.
- H2O Fitness: Mon/Wed/Fri 11am-12pm through July 2nd.
Hand Signals

It will help to learn some hand signals. Hand signals are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they do not run into you.

Group Fitness Classes

**H2O Fitness**— Monday/Wednesday/Friday 11am-12pm  June 2nd-July 2nd

**STEP**— *STEP with Michelle will resume Tuesday, June 22nd 8am-9am*

Class days and times: Tues/Thur 8am-9am June 22nd— July 29th

*SCHEDULE SUBJECT TO CHANGE*