King County School Pool

King County METRO
Moving forward together

TEST YOUR BIKE SKILLS

Biking is a fun way to spend time outside and get around. Test your knowledge of bikes and bike safety!

1 Check your bike to make sure it's safe and in good condition to ride before you jump in the saddle. Match the orange letters below to the bike diagram above.

- **A** **QUICK RELEASE:** Are your quick release levers on tight?
- **B** **CHAIN:** Is your chain threaded over the sprocket and properly oiled?
- **C** **HANDLEBARS:** Do you have a light and/or bell mounted?
- **D** **BRAKES:** When you squeeze, do they stop the tires?
- **E** **SEAT:** is it a proper height for you to pedal?
- **F** **TIRES:** do they have enough air?

2 Imagine this person is bicycling forward, and you are looking at the back of the person. Label the hand signals with the proper meaning.

A. _____ B. _____ C. _____ D. _____

More!

Adapted from the Bicycle Transportation Alliance Safe Routes for Kids Bicycle Safety Program Curriculum.

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3 What are the **five** most important actions or rule of the road that all bicyclists must follow for safe riding?

- ☐ **A.** Obey all traffic laws and signs (just like cars)
- ☐ **B.** Always use hand signals
- ☐ **C.** Always ride on the sidewalk
- ☐ **D.** Wear a properly fitted helmet
- ☐ **E.** Check your bike for safety
- ☐ **F.** Ride on the left side of the street against traffic
- ☐ **G.** Use lights and bright clothing when riding at night
- ☐ **H.** Always let cars go before you at intersections

4 How do you properly fit a helmet? What does each step show?

A. _____ _____ _____

B. _____ _____ _____

C. _____ _____ _____

ANSWERS:

1. **A.** Seat, **B.** Tires, **C.** Chain, **D.** Quick release, **E.** Brakes, **F.** Handlebars
2. **A.** Slowing **B.** Turning left **C.** Turning right **D.** Turning right
3. A, B, D, E, G
4. **A.** You should see the bottom rim of the helmet. **B:** Straps should form a V under the ears when helmet is buckled. **C:** When opening your mouth wide, the helmet should hug your head.