



Plainville Police Department  
Community Outreach Division

## RIDE TO STAY ALIVE

More than half of a million emergency room-treated injuries are associated with bicycles each year. Over 1,000 bicyclists under the age of 16 die in bike accidents every year. The Plainville Police Department urges you to watch out for bicyclists when driving and to take the following precautions when you or your family members take a bike ride:

- **Wear a helmet when biking.** Not only is it the law for youngsters, but it is also a good idea for teenagers and adults! More than 75% of bike-related deaths involve head injuries. Be a model for your children by wearing your helmet each time you ride your bike - even on short trips!
- **Ride your bike on the right side of the road with traffic.** Obey all traffic signs, signals and pavement markings. Stop at all intersections and be sure to have children walk their bike across busy intersections and streets.
- **Teach children to obey the rules** of the road and restrict cycling to sidewalks, paths or driveways until they show you how well they ride and follow the rules.
- **Stop and make sure that the roadway is clear** before entering from a sidewalk or driveway.
- **Use proper hand signals** for turning or stopping.
- **Avoid riding at night.** If you must bike at night, wear reflective tape on your clothing and mount reflectors and signal lights on your bike.
- **Give the right-of-way** to pedestrians, and watch out for car doors, which may be opening in your path.
- **Keep your bike in good repair.**  
Everyone enjoys a fun bike ride. The Plainville Police Department wants to make sure you and your family "Ride to Stay Alive!"

