

Gather Information. When we ride bicycles, it is important to always stay safe. Eye safety, skin safety, and visibility are ways that we can be safe when riding our bikes.

Wearing sunglasses or eye protective wear is an important step in staying safe. Sunglasses protect our eyes from the sun and are helpful from stopping bugs, dust or debris from the road from getting into our eyes.

Making sure that you **wear sunscreen** when you are outside is very important too. Sunscreen helps to protect our skin from the sun. Protecting your skin from the sun is good for us because it can protect you from getting a sunburn or even skin cancer.

When riding your bike, you should also remember to always **wear bright clothing and use proper lights or reflectors** on your bicycle (and not only when it's dark!) It is very important to be visible to motorists both during the night and day. The more visible you are on the road, the less likely someone will run into you. Wearing bright colored clothing and using proper reflectors or lights are your best bet to being seen. And remember to always say to yourself before leaving your house,

Be Bright, Be Seen!!

Recall. From your reading, what are 3 things we should always remember to do when riding a bicycle to be safe?

1. _____
2. _____
3. _____

Name and Grade Level



Did you know?
BMX, the extreme sport of bike riding made its Olympic debut in 2008 in Beijing, China.